The Crazy Wisdom Community Journal

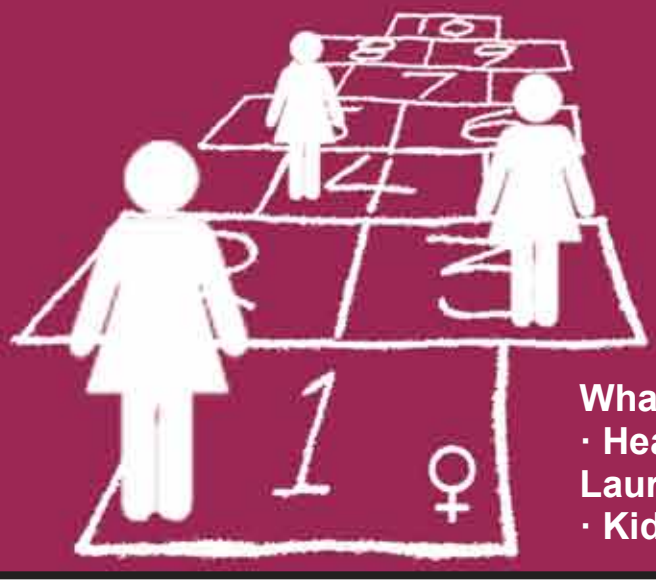
Ann Arbor's Holistic Magazine

Issue 45

FREE

MAY THROUGH AUGUST 2010

The Crazy Wisdom Interviews with Carole Lapidos and Sally Wisotzkey on Raising Strong and Confident Daughters



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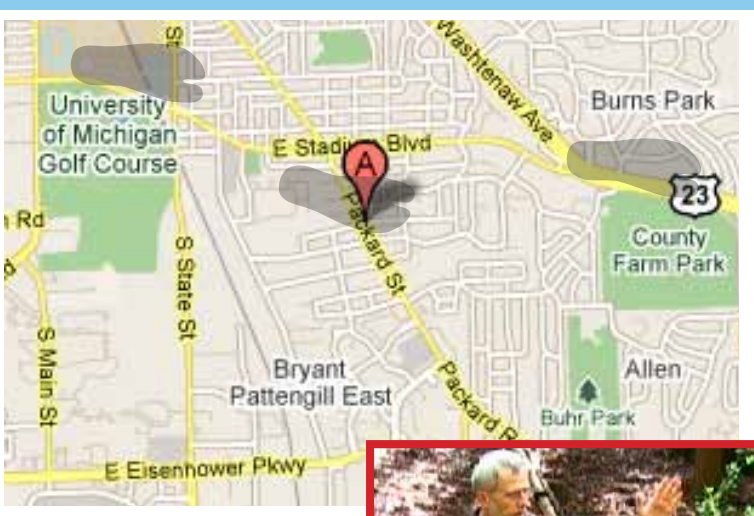

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9:30 - 11:30am

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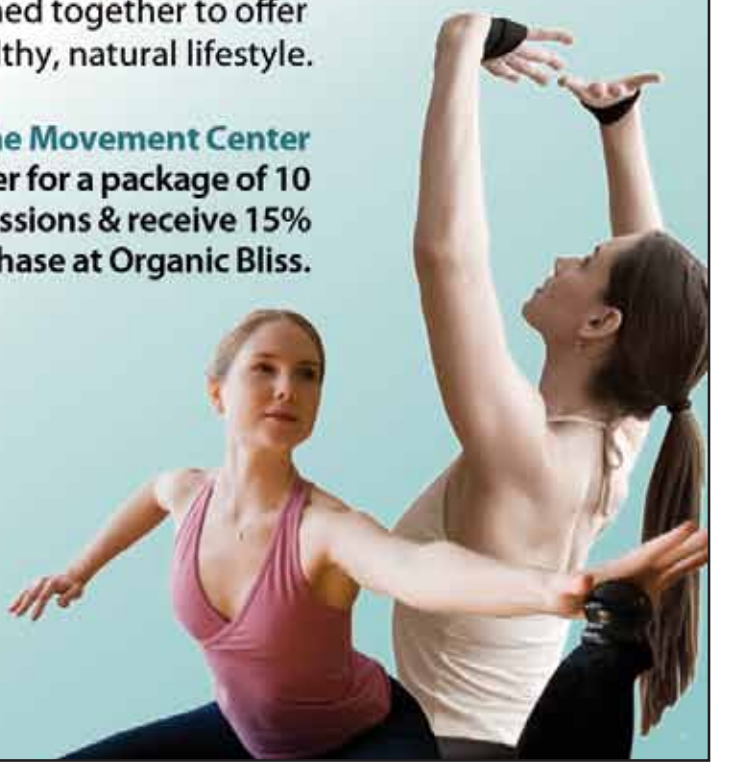

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The Crazy Wisdom Community Journal

Ann Arbor's Holistic Magazine

Since l982, Crazy Wisdom Bookstore has served as a center of information in the subjects of holistic health, bodymind therapies, psychology, Buddhism, spiritual development and consciousness. *The Crazy Wisdom Community Journal,* now in its 15th year of publication, is intended to provide information about the terrific array of opportunities for persons seeking psychological and spiritual growth and physical well being.

In This Issue ~

What's New in the Community –
By Jennifer Eberbach .....Page 7

Celebrating the Flowering of Tsogyelgar, the Buddhist Community on West Liberty .....Page 14

Sustainable Health –
Thinning Facts, Thinning Bones
By Judy Stone .....Page 18

Bringing Healthy Meals To Your Table ~
Local Options for Cooking Classes
By Sarah Rigg .....Page 19

At Home with Esoteric Energy Healing ~
A Profile of Laurie Akerros
By Mary Runser .....Page 24

Heart-Driven Relationship Building through Massage Therapy ~
A Visit with Ann Zalek
By Mary Runser .....Page 26

The Crazy Wisdom Interviews with Carole Lapidos and Sally Wisotzkey on Raising Strong and Confident Daughters
By Bill Zirinsky .....Page 28

Swaying in the Sangha of Trees
By Leonard Bass .....Page 38

Fish Returned To Its Water Life
By Diane Kimball .....Page 40

The Crazy Wisdom Kids Section .....Page 41
Kids Book Reviews
by Sarah Newland .....Page 41
Kids Yoga ~ Questions for Adele Kieras .....Page 42
Crazy Wisdom Kids **Summer Camp Guide ~**
Compiled by Kimberly Didia .....Page 45
Events Calendar for Kids .....Page 54
Kids Media Reviews
by Sarah Newland .....Page 55

Music Reviews by Sarah Newland .....Page 56

The Crazy Wisdom Calendar Section .....Starts on Page 57

The Calendar
Edited by Sarah Newland.....Page 58

Mindfulness for Depression and Anxiety ~
Questions for Psychotherapist Lynn Sipher .....Page 60

Soul Essence Evolving:
Revelations from the Universe to You
By Deb Foggio .....Page 68

New Movements Bring Relief, Surprise…
Joanna Myers on the Feldenkrais® Method .....Page 76

Background Info on the Teachers .....Page 90

Questions for Tahnahga Myers about her Native American Ancestral Teachings
by Jonathan Ellis .....Page 94

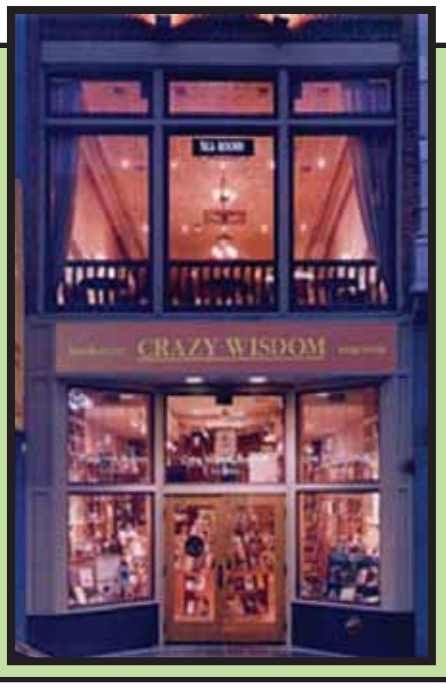
The Business Card Directory .....Starts on Page 97

Calendar Submissions:
The **deadline for free calendar submissions** for the September thru December 2010 issue is **Wednesday, July 28.**

Ad Submissions:
The **deadline for paid advertising is Friday August 6.**

The issue will be distributed starting in the first week of September. 8,250 copies of this issue of *The Crazy Wisdom Community Journal* were printed, and they are available at our bookstore as well as at more than 150 other locations in the greater Ann Arbor area, and in southeastern Michigan. Our phone number is 734-665-2757, and we're located at 114 South Main Street, Ann Arbor, Michigan 48104. www.crazywisdom.net. Our Holistic Resource Guide on the web can be found at: AnnArborHolistic.com

— Cover Photo by Rachael Waring —



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Crazy Wisdom Bookstore was founded in 1982. It has been owned since l989 by Crazy Wisdom, Inc., which consists of Bill Zirinsky and Ruth Schekter, husband-and-wife.

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Crazy Wisdom has not investigated or evaluated the persons listed, so we are not in a position to make recommendations as to any or all of them, or to be responsible for the acts or omissions of anyone listed.

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What's New in the Community

By Jen Eberbach

This ongoing column features upcoming events within our Ann Arbor/Washtenaw County and surrounding areas' Mind-Body-Spirit communities, new (during the past year or two) practitioners and holistic businesses, as well as new offerings by established practitioners and holistic businesses.

New Offerings by Established Businesses and Practitioners

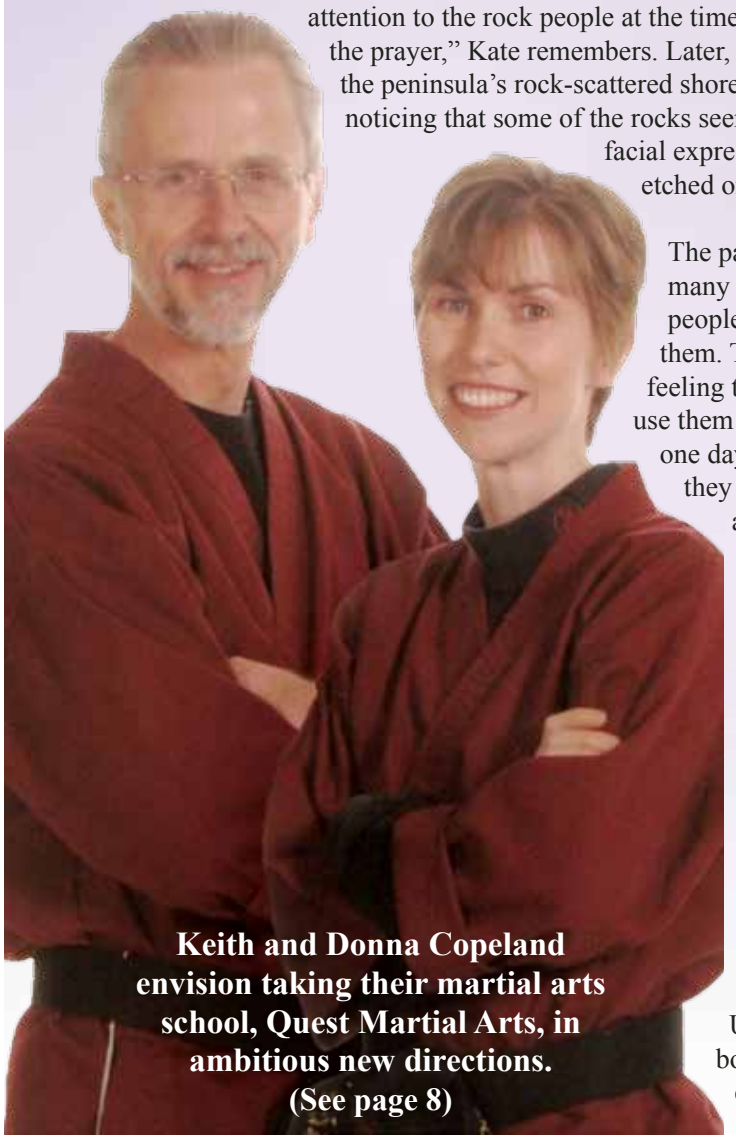
The return of warm air to Michigan heralds a brand new season of outdoor adventures, family vacations, and new memories. **Long-time friends Sue Valiquett and Kate Lazuka were inspired to write and illustrate a new children's book, "The Rock People," after combing Northern Michigan's rocky beaches together on a family vacation, where they discovered that some of the rocks had faces.** The story follows a little girl named Nae-Nae on her family's summer vacation to their lake house, where she, too, discovers the rock people and "their message to heal and protect the earth," according to Sue, the book's author, and Kate, who contributed photographs and digital illustrations to the story.

The staff of the newly enlarged Center for Sacred Living

(Left to right seated) Sue Schoenberg, Diane Thal Gluck, Tiffany Mazurek, Carey Ryan. (L to R standing) Carol Ann, Cindy O'Connor, Char Hatlen, Karlta Zarley, Becky Hackenberg, Rob Koliner. (Not shown) Abby Humphrey, Glenn Pailthorp, Donna Davison, Tamara Sutton.

(See page 8)

At a family picnic at Peterson Park in Northport, Michigan, during a trip to the Leelanau Peninsula about five or six years ago, Sue and Kate decided to pull a random Native American prayer out of a deck of cards that they had brought along. "We happened to pick a card about respecting all of earth. It talked about respecting the two-legged and the four-legged, those who can swim, insects, birds and the rock people, as well. We didn't pay too much attention to the rock people at the time, but we read the prayer," Kate remembers. Later, while exploring the peninsula's rock-scattered shore, they started noticing that some of the rocks seemed to have facial expressions naturally etched on their surfaces.



Keith and Donna Copeland envision taking their martial arts school, Quest Martial Arts, in ambitious new directions.

(See page 8)

The pair brought many of the rock people home with them. They had a feeling that they would use them for something one day; however, they juggled around a few ideas over the next several years, including greeting cards. They decided to send a portfolio of photographs Kate had taken of rock people to Andy Azula of the Martin Agency, who appears in UPS's dry-erase board-themed commercials. He enjoyed the cute, little characters and agreed to meet Sue for coffee and feedback. "The best question he asked me that day was 'Why should people care about the rock people?' The question really got us asking, 'Why have the rock people presented themselves to us?' I decided to go back to the roots of it, which is (the Native American prayer) that the rock people are here to protect and heal the earth."

Sue's professional background as a clinical dietician does not have much to do with writing a children's book. Before writing "The Rock People," Sue had written scientific, technical analyses about nutrition, but this is her first creative work. However, Sue does like to journal. One day, she sat down with her journal and imagined her herself back at Peterson Park on the day she and Kate stumbled upon the rock people.

"I visualized myself sitting on a log at Peterson Park, talking to the rock people and being quiet enough to hear why they are here. I journaled what I felt I heard. What I heard was their legend, which became the centerpiece of the book," Sue explains.

Kate is a photographer and digital collage artist, and she contributed mostly black and white digital illustrations to the book. The images feature original photographs that Kate PhotoShopped into each scene. Many of the illustrations "look like straight photographs that are manipulated a little bit," Kate explains. The living likeness of the fictional character Nae-Nae is actually Sue's daughter, Renee, when she was little, whom they called Nae-Nae. Kate snapped photos of her 14 years ago, on another occasion the two families were vacationing on the Leelanau Peninsula. In the middle of the book, when Nae-Nae's mother tells her their family legend about the rock people, the story's pictures change to bright full-color illustrations, offsetting the legend from the rest of the tale like a vignette or a dream sequence in a film.

Ultimately, "The Rock People" is a fictional tale about becoming aware of one's own responsibility to protect the earth and the environment, filtered through two friend's personal reflections on "what the rock people are trying to communicate to us." They are pleased to share Nae-Nae's family's story, and their own, in their new book. Like the rock people, the book reminds us all "to live gently with Earth." Find out more about "The Rock People," an eco-friendly children's book, online at www.therockpeople.net. You can purchase copies of the book at Crazy Wisdom, and on their website, and on their website you can also purchase rock people t-shirts and other merchandise. Contact the local authors by email, at therockpeople@comcast.net

Continued on page 8

What's New in the Community

Continued from page 7

Long-time friends Sue Valiquett and Kate Lazuka were inspired to write and illustrate a new children's book, "The Rock People," after combing Northern Michigan's rocky beaches together on a family vacation, where they discovered that some of the rocks had faces. (See page 7)

A virtual slew (or would it be a virtual stew?) of holistic practitioners have joined forces at the new *Center for Sacred Living*, located at 210 Little Lake Drive #7. The director of the original *Center for Sacred Living*, Tiffany Mazurek (a psychotherapist, massage therapist and craniosacral therapy practitioner), is bringing a number of practitioners from the former center along with her, to the new space. Also, *From Within Health Center* has merged with *the Center for Sacred Living*, adding two new co-directors into the mix: chiropractor and allergy specialist Robert Koliner, who uses the NeuroModulation Technique; and his cohort, Carey Ryan, who practices acupuncture and Chinese Herbal Medicine, as well as the NeuroModulation Technique. The three co-direct the space, but they are also renters. Rob says; "No one is the boss."

Both Tiffany Mazurek and Rob Koliner had "envisioned having a center with a lot of different practitioners working together," in Rob's words. When Tiffany's business partner, Abby Humphrey, decided to leave town, she began looking into moving the *Center for Sacred Living* into a new space. Carey Ryan had also a professional relationship with Abby, and spent some time working at the old space on Hogback Road, further linking the two centers.

The space is also the new home of the *Great Lakes Center for Healing Touch*, led by Char Hatlen (Healing Touch practitioner, massage therapist, and registered nurse), who previously worked out of the old *Center for Sacred Living*. Energy worker Becky Hackenberg and Abby Humphrey (who is an acupuncturist and Chinese herbalist) – both of whom were former co-directors of the original Center for Sacred Living -- don't live in Ann Arbor anymore; however, they work out of the space about once a month.

Other alumni in the new space include: Karlta Zarley, a nurse and a medical intuitive who utilizes a variety of healing modalities, including Healing Touch, Color Therapy, and spiritual direction; Diane Thal Gluck, who offers healing techniques, allergies antidotes, and Emotional Freedom Technique to clients in-person and at a distance; Polarity therapist Cindy O'Connor; Donna Davison, a craniosacral therapist, healer and psychic development practitioner; and clairvoyant healer Glenn Pailthorp.

Optometrist Dr. Joyce Takahashi (See page 9)

Carol Ann Spalteholz, who had been a renter in the former space used by the *From Within Center*, is also coming to the new Center. Her massage and Reiki business is called *Relax and Renew*. There are also additional folks who are joining the fray, including Life Coach Tamara Sutton, an energeticist and consultant on "Personal Restoration" and coping with grief; and recent massage graduate Sue Schoenberg, who plans on using Hot Stones in her practice.

The new Center for Sacred Living is concerned with maintaining a healthy, earth-conscious space. There is environmentally friendly paint on the walls, which contains zero volatile organic compounds that could have agitated clients who are sensitive to chemicals and smells. There will be no "new car smell" in their new location.

So far, this veritable Brady Bunch of holistic practitioners is working together smoothly. "I think everybody has seen a new flow of energy to his or her practices," Tiffany says of her experience working in the new space. The new center features a series of comfortable studios that the practitioners share, as well as a nice-sized classroom space that is perfect for group classes, special events, and individual practitioners who want to spread out while they work. Having everyone working out of one space also creates a rich network of inter-referrals between the practitioners. Visit the *Center for Sacred Living* online, at www.centerforsacredliving.com.

Keith and Donna Copeland envision taking their martial arts school, Quest Martial Arts, in ambitious new directions. Their vision includes expanding the dojo and creating an "institute" where a wide variety of practitioners and teachers can offer anything from acupuncture, to life coaching, to after school tutoring sessions all under one roof. They are also concerned with reducing their impact on the environment, and plan to install solar panels on the dojo's roof.

Keith reports that the dojo has experienced "explosive growth over the last 18 months." He estimates that enrollment in the academy has increased by "at least 20%" over this time period. He hypothesizes that there may be more demand for youth and adult activities that teach "tangible skills, and build character," and encourage "personal growth," than in the past. However, "right now, we are restrained by our square footage," he explains. Keith and Donna are currently looking into options to make the dojo bigger, perhaps by eventually expanding into another unit within the same shopping plaza, at 2111 Packard, or looking at other "potential spaces".

An expanded dojo would offer more than martial arts training. Keith, who is trained in American ninjutsu style To-Shin Do and other types of martial arts, had a vision to create "an institute" where other practitioners could rent out space, even before he and his wife founded the school, in 1999. Keith and Donna envision adding "breakout rooms" and meeting spaces where other practitioners can meet with clients, host groups, or teach classes. Such a space would also be perfect for unemployed and underemployed schoolteachers to meet with students for after school tutoring sessions and after school classes.

The Copelands already keep their dojo green and environmentally conscious. As they grow, so will their efforts to reduce their carbon footprint. The dojo already uses green cleaners made by the Shaklee Corporation, and takes other measures to reduce energy consumption and minimize their carbon footprint, from the types of light bulbs they use to how soon in each new season they turn on the heat or AC.

They are working on transitioning to solar power. Keith hopes that the addition of solar panels to the dojo's roof will "encourage as many other businesses as possible to take a serious look at it," he says. He remembers, "Back when I was 17 or 18 in the 70's, solar and alternative energy was a really new and big thing. There was an industry that started around it but it never went very far, it kind of died out. In fact, my dad moved to Tennessee and he wanted to have a solar home. He got everything set up and the businesses went out of business, and he didn't have the expertise himself." In 2010, Keith is finding the transition to solar power much easier, as well as affordable, due to state and federal tax credits and incentives that are being offered by DTE, which significantly reduce the cost of the equipment.

Donna, who abhors violence, explains that "we really believe that self-defense and self-protection is more than just defending yourself against someone on the street," which is why the dojo encourages "environmental self-defense," she says. The dojo teaches students that violent self-defense should be "a last resort," Donna says.

Beyond offering martial arts instruction, Keith and Donna also have a background working as human behavior consultants for businesses and large corporations. They put that experience into play at the dojo, by creating "a life skills laboratory," where students can grow as people and better relate to others. One way that people can defend themselves is by working on what Keith calls "your relationship with yourself," which helps you better understand how you relate and respond to other people. Donna reminded me that someone they already know assaults most people who are physically attacked. Beside teaching martial arts, the Copelands hope to teach their students to be more mindful of their own personalities and the types of relationships they choose, "so they can stand up for themselves in appropriate ways". Visit Quest Martial Arts online to find about martial arts training for youths and adults, leadership programs, and instructors at http://quest-martialarts.com. Contact the school by phone, at (734) 332-1800, or email questcenter@sbcglobal.net

Optometrist Dr. Joyce Takahashi does not particularly identify herself as a "holistic" practitioner, but her approach to Vision Therapy and patient care keeps the mind-body connection in mind. She opened her private practice, *Takahashi Eye Care*, a few years back, after spending the better part of two decades growing pediatric care as a partner at Bennett Optometry. With 25 years of clinical experience behind her, she provides general primary eye care to patients of all ages, with a special interest in visual development during childhood and experience working with patients affected by closed-head injuries and brain traumas.

Depending on the patient, Joyce uses treatments like eyeglasses, prism therapy and corneal refractive therapy contact lens, among other techniques. She reports that, in many cases, temporary use of these therapeutic prescriptions can reduce the need for life-long eye glasses or prescriptions that just keep getting stronger and stronger over the years, especially in her work with children whose eyesight is still developing. In some cases, Vision Therapy's tools can present alternatives to more invasive treatments like surgery, according to Joyce.

For example, "In a child who has an eye turn, traditionally it is that you do surgery on the eye muscle to make it cosmetically straight. Surgery would do that, but what it doesn't do is teach your brain how to use those eyes together. Just because you make the eye look straight and cosmetically aligned doesn't mean the brain can now take those images and be able to use them together," she says.

Joyce agrees with a statement I made to her that "the body has its own wisdom to heal itself." For example, she says that, "Vision Therapy teaches the system how to do it better, with less effort. In the sense of wisdom, it becomes a part of what you do by nature. The body wants to work efficiently and I think it has the inherent wisdom to do that."

Joyce is also concerned with "environmental" and "behavioral" factors that impact our eyesight, and shares a nugget of wisdom about how extended computer use can cause "eye fatigue." Eye fatigue can cause a range of problems, including a slowing of our blink reflex. "Tear film is critical for the health of the surface of the eye and your vision. When your eye gets too dry, you don't see well," she elaborates. When your eyes start to water, what comes out "are not good tears," but rather "reflexive" tears that are not lubricating and do not protect against infection like our natural tears do. Joyce recommends the "20 / 20 Rule," which says you should look up from your computer or your book for 20 seconds, every 20 minutes. For more complete information on Vision Therapy and the services Dr. Joyce Takahashi provides at her practice, Takahashi Eye Care, visit http://takahashieyecare.com. Contact the clinic by phone, at (734) 332-8840, or email takahashieyecare@comcast.net

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The Gandy Dancer,
located at 401 Depot St., Ann Arbor
www.muer.com/

Carson's American Bistro,
located at 2000 Commonwealth Blvd., Ann Arbor
www.carsonsamericanbistro.com

The Chop House,
located at 322 South Main St., Ann Arbor
www.thechophouserestaurant.com

Beezy's Cafe,
located at 20 North Washington St., Ypsilanti
www.beezyscafe.com

Terry B's Restaurant & Bar,
located at 7954 Ann Arbor St., Dexter
www.terrybs.com

Glass House Cafe,
located at 100 Washtenaw Ave., Ann Arbor
www.glasshousecafe.net

The Black Pearl,
located at 302 South Main St., Ann Arbor
www.blackpearlonmain.com

Cafe Habana,
located at 211 East Washington St., Ann Arbor
http://cafehabanas.com/annarbor

Grizzly Peak Brewing Company,
located at 120 West Washington St., Ann Arbor
http://grizzlypeak.net

Gratzi,
located at 326 South Main St., Ann Arbor
www.gratzirestaurant.com

Logan Restaurant,
located at 115 West Washington, Ann Arbor
www.logan-restaurant.com

People's Food Co-op,
located at 126 North Forth Ave., Ann Arbor
www.peoplesfood.coop

When you step into a Shiatsu appointment with Craig Parian, he might tell you "your biggest job is to relax." **Craig has offered Shiatsu through his business *Evolving Shiatsu*, since 2001. He was recently certified in Central Channel Clearing, a light-touch modality developed by his teacher, Saul Goodman, the founder of the International School of Shiatsu.** Craig has added the modality to his tool-kit in order to complement his usual, deeper Shiatsu work with light-touch work.

Central Channel Clearing involves "lightly touching specific points on the body that signal for the body to let go of compressions and misalignments. Those points are related to where the meninges of the spine attach to the bones," Craig

Continued on page 10

What's New in the Community

Transpersonal Psychologist Mara Evans **(See page 12)**

Continued from page 9

says. He explains that the meningeal layer of the spine is "the core information system of the body." The technique accesses our proprioceptive system, which performs a "balancing function" that involves sensing where different parts of the body are in relation to one another.

"What happens is when there's a compression somewhere in the body or a misalignment, the rest of the body has to compensate for that. Then you have a whole system that is using energy to keep the body balanced, based on this misalignment. You are using a lot of your life force and it gets bound up in these misalignments and compressions," Craig says.

During Central Clearing Channel treatment, Craig checks for visible physical misalignments in the body, as well as other signs that something in the body is compressed and leaking energy, and he occasionally stops to check whether a client's legs are resting at the same length or out of whack. He uses light-touch techniques on the spots along the body where he finds compressions and energy leakages in order to bring the entire body into better balance and alignment.

Craig says the modality also helps release bottled up emotions that people tend to hold in their bodies for extended periods of time. "There are all kinds of contractions that happen in your body in response to the stressful events that happen to us. When you have something happen to you that you're trying to avoid, the contraction never gets resolved until you completely experience the issue itself," he explains. Beyond the modality's physical benefits, Central Channel Clearing can bring emotional responses back to the surface of our awareness where we can better manage them, according to Craig. Find out more about Craig Parian and his business Evolving Shiatsu online, at www.evolvingshiatsu.com or phone him at (734) 424-1192 or email him at cjparian@charter.net

Although the 2nd annual *HomeGrown Local Food Summit*, held back in March, 2010, was a one-day event, "the local food movement" that has built up around it continues to inspire community action and serious discussions about farming, food consumption, public policy, and building the local food economy, according to Kim Bayer, who is currently president of Slow Food Huron Valley, a HomeGrown Festival steering committee member, and a writer who blogs on her site www.thefarmersmarketer.com. More than 200 farmers, organizations, businesses, government officials and many other curious, food conscious individuals participated in a variety of food-related workshops throughout the day.

This year's Food Summit featured the launch of "Ten Percent Washtenaw," a campaign to grow 10% of the food consumed in Washtenaw County on local farms. Kim reports that the campaign was "one of the central ideas of the summit." Part of the beauty of the "Ten Percent Washtenaw" concept is its simple, straightforward message and "concrete, reasonable goal," which "organizations, individuals, and institutions like the U of M can mobilize around", she says.

Kim elaborates, "Even though we have some of the richest agricultural land in the state," it is estimated that only 1% of the $1 billion we spend on food is spent locally. The rest goes to companies out-of-state. She hopes the "Ten Percent Washtenaw" campaign will "create measurable change," and that stakeholders in the community will continue to work together to refine "a model that other counties in Michigan and other states can use."

This year, the Food Summit challenged some of the participants to brainstorm a marketing campaign for "Ten Percent Washtenaw" that can be put to use in the real world. "There were a lot of really good ideas and then this one really amazing idea," that came out of the exercise, according to Kim. The best idea of the day featured different people pointing to their palm and saying, "I Eat Here," which Kim says, "takes advantage of the mitten shape of our state." A group of grant writers are currently working on securing funds to grow the "Ten Percent Washtenaw Campaign," but in the meantime you can find out more about it online, at http://tenpercentwashtenaw.org For more information on the HomeGrown Local Food Summit, visit http://localfoodsummit2009.blogspot.com

Local foodie Kim Bayer is now offering local food and Community Supported Agricultural (CSA) consultations, for people who are interested in making locally grown food a bigger part of their diet. "There are a lot of people who are confused about all of the choices they have. CSA's cost different amounts, they have different seasons when they grow food, they have different pick-up days, some have a work requirement, some of them have events. There are a lot of different decision points. I break it down into criteria to help people decide what is a priority for them." During a consultation, Kim will give you a booklet about CSA's that she has produced, make recommendations, and answer any questions you have. Visit Kim's blog, www.thefarmersmarketer.com Contact Kim by email at kim@thefarmersmarketer.com

Upcoming Events

Psychotherapist and Life Coach Felix Paulick, of *Growing Together LIfe Learning Center*, is teaming up with Patrick Soule to host a new monthly men's discussion series, "Guy Talk." Felix has found that it can be difficult for a lot of men to talk openly about their emotions, "especially issues that commonly come up in the context of relationships," as well as other common issues related to stress, depression, trauma, sexual identity, and sexual compulsions. "Sometimes the messages that you get from your parents or the mainstream culture about what it means to be a man can get in the way of having healthy relationships," he explains. He hopes that his work with clients, the regular support groups that he offers, and events like "Guy Talk" will "give them permission" to share their feelings openly. "You may not have been taught certain skills as a child. They may have lead to some difficulties in your life now. But that's OK. This is a chance to learn those skills," he says. On May 18th, from 6:00 - 8:00 p.m., Felix and Patrick will host "Guy Talk: Understanding Men and Relationships," at Crazy Wisdom. Then, on June 9th, they will continue the series with "Guy Talk: Overcoming Depression," from 6:00 – 8:00, also at Crazy Wisdom.

Felix moved to town from Toronto four years ago and began life coaching after doing marketing work for Major League baseball. Since then, he has also completed an MSW from the U of M, in 2009, and he added psychotherapy to his sessions with clients, in January of this year. In general, he has found that "therapy is a better reflection of the work that I do with people than coaching." He finds it effective to "look at childhood issues, and issues in the past, that are affecting them in the present," as is common in psychotherapy. However, he still uses what he has learned from life coaching to work on setting goals for the future with clients. For example, "There is no point delving into the past unless it can help you create a better life as you are moving forward. Part of the work I do with people is very practical, like goal-setting, holding them accountable, and having clients think about what they really want out of their life in the present," he says.

He also integrates "experiential" bodywork into his sessions, by showing clients ways to "bring awareness to where they feel certain emotions in their body" and to teach them how to "allow yourself to feel what you are feeling" on a conscious level. While his clients are becoming aware of how their bodies react to different emotions or memories, he is also paying attention to "the whole presentation of the person." His work encompasses the Gestalt Therapy principle of noticing what is in the foreground, and what is in the background – an awareness of the 'Gestalt'. He helps his clients gain awareness of their body language or other signals "from the unconscious" that the clients "might not even be aware of."

Felix facilitates three different support groups on a weekly basis. His **"Men's Group"** covers the broadest base of topics in a two hour "open forum" where participants can talk about whatever issues they want to talk about. He also facilitates **"Men's Sexuality Group Therapy"** each week, in support of men struggling with sexual compulsions, addictions and other "inappropriate sexual behavior." The group addresses these issues; however, Felix says the group is for the most part focused on answering the question: "How do you get satisfaction from the real world?" His third support group is **"Men's Trauma Recovery"** -- a "psycho-educational, teaching-based program to understand what trauma is and how trauma impacts the brain and behaviors. Then, we also focus on healing from past pain." Find out more about Felix Paulick online, at www.togrow.org. Contact him by phone (734) 883-8701, or email felix@togrow.org

The *Bona Sera Supper Club* remains a bit of a mystery, and co-organizers "Bad Fairy" and "Wonder Woman" like it that way. Every so often, subscribers to Bona Sera's email list receive a tip on an underground dinner happening somewhere in Ann Arbor. The "strictly for charity benefits," started taking place in February of 2009, for mostly "friends and friends of friends," Wonder Woman explains. Since then, Bona Sera has hosted numerous dinner parties at unusual locations, including private homes, community spaces, historical homes, a warehouse, and outdoor garden affairs. The events feature live music that suits the tone of each dinner, locally grown meals, and a "social, party" atmosphere, according to the pair.

Suggested donations collected at the dinners have benefited a range of charities and causes. "I think we've kind of honed it down in the last half year. We realized that the amount of money that we end up raising, which is anything over the cost of food, will have a bigger impact on a smaller organization," Bad Fairy says.

The event has started to grow as more and more people hear about Bona Sera through "word of mouth," Bad Fairy explains. The core group of volunteer organizers has grown as well, with the addition of even more alter egos with their very own "superhero names," she jokes. "We have one main student at the University that we call our Pimp. You can call him Jessie the Pimp. He finds most of our entertainment for us," Wonder Woman says. Then there is Fuego, Big Daddy, The Witch, and other local characters. Bona Sera encourages people who are interested in hosting or helping out with the dinners to get in touch. They are sure to have a job for you, and you might even get a new nickname out of the deal!

In Bona Sera's case, details are always TBA. However, two little birdies told me that they are throwing a Bluegrass-themed BBQ and outdoor pig roast, scheduled for sometime in June. In August, they will host an installment of "Night of 100 Drag Queens," which they plan to make an annual event. This installation of the event will feature a "fairy tale theme," they report.

In the future, Bad Fairy and Wonder Woman would consider taking Bona Sera above ground. "It's something we're both interested in. I think that maybe in the future there will be a way to do that," Bad Fairy says. However, for the moment, "It's a little naughty. If you find out, you're in the know," Wonder Woman adds. Find out more about Bona Sera Supper Club online, at http://bonaserasupperclub.com

Register as soon as you can, if you would like to visit Soglio, Switzerland with yoga therapist and naked voice facilitator Jody Tull, of *Nourishing Traditions*, and her "Traveling Ashram," September 12 - 18th, 2010. You must register for the Soglio retreat, by June 12th. On this yoga, meditation, and chanting retreat everyone wakes up together on the side of a mountain situated near the Swiss-Italian border, for morning yoga and meditation practices. Everyone closes out the day with a group practice. The rest of the day you are free to choose your own excursions or "just sit under a tree and soak in the beauty of the place," Jody says.

After hosting the retreat on four other occasions, Jody knows the area well. However, each new year brings new surprises and discoveries. Last year, she discovered what she calls "a secret meadow" with ancient ruins, about a two-hour hike from Soglio. She is planning on bringing retreat participants to the spot for yoga practice and "spectacular views," she says.

If you feel like being adventurous in your free time, Jody knows tons of activities you can do to explore the local area, people and food. One thing that has impressed her about Soglio is the "ancient farming techniques they use that have always been organic," and "the respect and reverence for the earth" you find there. You can tag along with Jody on an adventure, go it alone, or do absolutely nothing for a day, if it suits your fancy. "It's really about co-creating a tailor-made experience for each individual person," she says. Find out more and register for this year's retreat to Soglio online, at www.beinawe.com/soglio-2010

Judith Blackstone, a psychologist, spiritual teacher and author, will be coming to the Ann Arbor area in May, and again in September. She will hold two five-day teacher certification-training workshops in her "Realization Process" approach to "psychological healing, embodiment, and spiritual awakening." Participants will learn exercises that can be applied to "personal healing and nondual realization" in their own self-examinations and when working with others. Judith's exercises are described as "easy, gentle attunements to the internal space of the body, the subtle core of the body, and the essential qualities of being." The first workshop will be held May 22 - 26. Part Two, which is required to receive a certification in the modality, will take place September 25 - 29. The two local people bringing her to southeastern Michigan are highly respected members of the regional transpersonal growth community, and their sponsorship of this event is an indication that a workshop with Judith Blackstone would be well worth attending for those interested in transpersonal subjects. One of them is Aura Glaser, one of the founders of Jewel Heart, the Tibetan Buddhist community located on Oak Valley Drive. (And she is also the original owner of Crazy Wisdom Bookstore, back in the 1980's.) The other sponsor is Brian O'Donnell, a local psychotherapist. O'Donnell is also an internationally sought after Pathwork teacher who leads workshops in the U.S., South America and Europe. O'Donnell was the subject of one of our earliest published "Crazy Wisdom Interviews," in January of 1997. (Back issues are available at the bookstore.) Find out more about Judith online, at www.judithblackstone.com or contact: Aura Glaser, by email auraglaser@gmail.com, or Brian O'Donnell, by email at Bodpath@aol.com

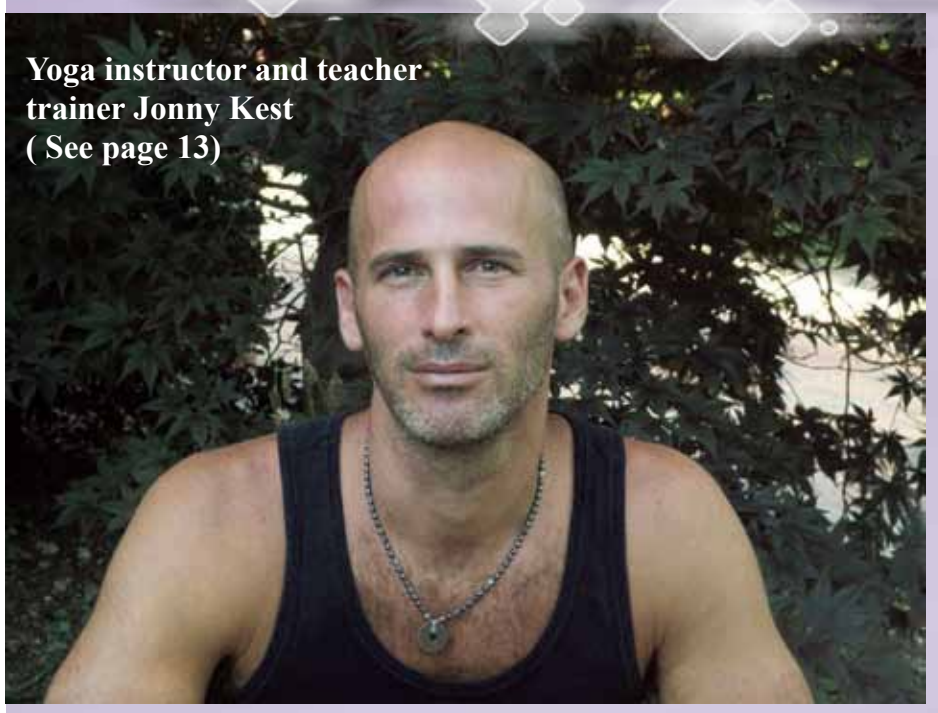
Transpersonal Psychologists Deb Austin and Mara Evans will co-facilitate a two-day workshop on transpersonal psychology, June 26 - 27th. Mara says the workshop will first focus on "looking at ways to clear your past, so you can claim your future," as well as "removing barriers and things that are limiting in pursuit of your goals." Then the focus will shift "from the individual to the universal," and the workshop will explore how "as you are evolving as an individual person, the entire planet is also evolving." Find out all of the details and the location on Mara's website, http://arammai.com/workshops and read more about her in the "New Practitioners and Businesses" section of this column.

Continued on page 12

Vida Stengel of *Life and Spirit Journey*

(See page 13)

What's New in the Community



Yoga instructor and teacher trainer Jonny Kest
(See page 13)

Continued from page 11

New Practitioners and Businesses

Husband-and-wife Tomm and Trilby Becker have started *Sunseed Farm*, their new organic vegetable farm. It's located at the end of Boyden Drive, near the corner of Joy and Maple Roads, just northwest of Ann Arbor. Tomm and Trilby found farming by following very different paths. However, they agree "it felt like the right time to move to a farm and start a CSA," (a Community Supported Agricultural farm that supplies equal shares of the food that the farm produces to their membership each week). *(See our lead article on CSA's in the May thru August 2009 issue of the Crazy Wisdom Journal, online at www.crazywisdom.net.)*

For Tomm, "Farming definitely caught on early," he says. He worked at the MSU Student Organic Farm, as well as other CSA farms in Owosso, while studying English at school. He fell in love with farming right away. On the other hand, Trilby met her husband when she was getting her Master's degree in geography and had a plan to continue to develop a career working for Non-Governmental Organizations. Before coming to MSU, Trilby had interned at the White House twice, under Al Gore and Hillary Clinton, and spent time on small farms in Brazil. She was in Brazil working for the Center for International Forestry Research and working on her own documentary film. "Ann Arbor offered us the greatest possibility. There is good farmland and community, a strong network of people. I could also find a job off the farm and continue to pursue my career," she says.

If you would like to start getting 8 -15 items a week from Sunseed Farms, you can buy a seasonal membership to the CSA that is good for one 16-week season. The share that you pick up each week will amount to enough veggies for a family of four "or two hungry vegetarians," they say. The types of veggies will change with the season, leaving you to look forward to new surprises every week in your 'surprise gift box'.

Current pick-up locations for members are Thursdays at Sunseed Farm, from 4:00 - 6:30 p.m., and at Friday Mornings at SELMA Cafe, from 7:00 - 9:00 a.m, which is located at 722 Soule Blvd.

Members are encouraged to come help on the farm, although work is not required to be a member. "We're hoping more people will do that. It makes it more of a complete experience. The CSA is about getting great vegetables, but it is also about community, and having an opportunity to meet people, to generate ideas, to get outside, for your kids to see how food is grown, and to have a connection to that whole process." Tomm adds, "The more people who come out to the farm, the better."

Sunseed Farm is also working with beginning farmers. One of them, recent MSU graduate Nic Parton, will begin growing flowers on the property, which will be sold through to CSA members.

They are also currently working with the farm's property owners, Chip and Kathleen Letts, and the Ann Arbor Greenbelt, in order to obtain Purchase of Development Rights that would ensure the land would always be developed as working farmland. However, Tomm finds that "the legal language they use to set up easements doesn't really work for small farms." Sunseed is currently collaborating with other stakeholders in the local food economy to "figure out the right language" to better accommodate small farms, while also "preserving the original intent - to make it farm land."

Selling Sunseed Farm produce at places like natural grocery stores, restaurants, and the Farmer's Market "definitely fits into the plan," according to Trilby. "Once we grow a surplus that is more than what 30 members need, we'll sell some to places like the Food Co-op, Zingerman's, the Farmers Market, and other places around town," she foresees. They are also planning on increasing their CSA membership from 30 to 60 shares by next Spring. They eventually hope to increase membership to 100 shares. Visit Tomm and Trilby Becker of Sunseed Farm online, at http://farmsunseed.com to find out more. Contact them by phone (517) 980-0893 or email farm.sunseed@gmail.com

Transpersonal psychologist Mara Evans is offering transformational consulting sessions through her new practice, *Arammai Services*. Its title is "I am Mara" spelled backward, "because we are all multi-faceted people, and my struggle, like that of many others, is integrating my interests and strengths into a cohesive whole, so that I may step into my life's purpose. The name Arammai came out of that integration process," according to Mara.

Mara, who also teaches psychology as an adjunct faculty member at Siena Heights University and Washtenaw Community College, admits that Transpersonal Psychology can be difficult for people to grasp, at first. On the first day of class, she might say something like; "Transpersonal Psychology is a more holistic approach to psychology. It really encompasses all aspects of the individual, including the spiritual and the transcendent experiences. Our core essence, our spirit, has as much impact on our psychology as our physical bodies, our emotions, and our mental processes. It really means taking all of what mainstream psychology has done, and then building on that by adding the dimension of spirit," she says.

One thing she tries to teach people is that there are "different ways of knowing" that help us understand different aspects of the universe and ourselves. These ways of knowing include getting information about the world from our sensory experiences, making sense of things with our logical mind, and becoming aware of a "third way of knowing," which she identifies as "the eye of contemplation."

She also looks at the whole person, mind, body and spirit, by seeking to understand how people's religious or spiritual beliefs impact their worldview. "Your religious belief system or your spiritual framework is an extremely powerful motivator, and it really affects our behavior on so many levels. It's the lens through which you see the world. Anything that happens to you, you're going to interpret it through that lens. As a psychologist, it's really important to understand what someone's lens is," she says.

Before starting her new practice, in January of this year, Mara developed her skills in energy work and personal growth. She is also a certified Reiki Master and hypnotherapist. "Sometimes I like to move my counseling sessions directly into energy work. I try to get people out of their heads," when needed, because "analyzing it all to death isn't how we are going to solve problems." Furthermore, by using creative expression like art and writing in her work, clients are "speaking the language of the unconscious," which achieves the overall goal of "bringing things that are arising from our interior out into the external world. Creative expression is a great tool because we can grapple with things much better, if we can see things outside of ourselves and take an objective, curious view," she explains.

Mara also leads a number of workshops, and provides Transformational consulting for businesses, as well as individuals and couples. Find out more about Mara Evans and Arammai Services online, at http://arammai.com. Contact her by phone, at (734) 255-0852 or email mara@arammai.com

Energy worker Rex Montague-Bauer has been practicing for over two decades. He recently started his healing business, *Stillpoint Breath of Life*, about two years ago, and he currently shares office space with Ann Zalek at TheraCare Therapeutic Massage & Healing Arts Center. Rex combines talk therapy, breath work, and energy healing techniques in his work with clients. "We spend the first part of our consultation on the talking part, which basically gives me a better connection with you and helps me to target exactly what you are working on at that time," he explains. One conversational technique he uses is an initiative form of "inner child work," which seeks to increase awareness of

how things that happened in someone's childhood relate to someone's current circumstances or self-image. "Then we move to the [massage] table, where we work on connective breathing, and I also do energy field work like energy stripping, which helps you pull through the issue more easily," he explains. Contact Rex by phone (517) 449-1177 to set up a consultation and find out more.

Vida Stengel's new life coaching business, *Life and Spirit Journey*, marks a new phase in her own life and professional career. After spending most of her professional life working in the fields of medical administration and executive assisting, Vida received her certification from the Coach Training Alliance, in 2009. She now works with clients to resolve issues that are sapping their energy, become better aware of their personal goals, balance their schedule and energy, and "listen to their inner guidance system," in her life coaching and spiritual coaching sessions.

Vida originally discovered life coaching during a half decade of her life that was full of change and a need for "extreme self-care," she remembers. She now utilizes a number of coaching techniques, tools, and exercises that she has learned along the way in "co-creative" sessions with her clients that help them care for themselves.

Although her life coaching work is not all about goal setting, that is a significant part of the work she does with her clients. She suggests ways to take "small steps that move someone closer to where they want to be," whatever their challenge, she says. Beyond maintaining a conversation with her clients, Vida encourages her clients to meditate, bring awareness to their breath, journal, and do other exercises that "attract positivity to someone's life," depending on what they choose to work on in their sessions.

Vida is also a spiritual coach who counsels clients "to listen to their inner guidance system, because listening to your gut usually steers you in the right direction," she says. For clients who are interested, Vida can give you advice about how to communicate with your personal sources of spiritual insight and guidance. Her spiritual coaching work is non-denominational. She believes that spiritual guidance comes in different forms for different people, whether you feel a connection with angels, ancestors or spiritual guides. Visit Vida Stengel online, at http://lifeandspiritjourney.com or call her at (734) 645-2731 for more information about Life and Spirit Journey.

Yoga instructor and teacher trainer Jonny Kest has opened a new yoga studio in town. The studio is one of three *Center for Yoga* studios that Jonny and his wife, Milla, have opened in the greater-Detroit area, where talented instructors teach Ashtanga Yoga to students at all levels of experience. They also teach a number of other styles of yoga. Jonny has practiced Ashtanga yoga and meditation for over 22 years. He was first inspired by his father to practice yoga, at the young age of 12, while living in Maui, Hawaii. Jonny was a witness to yoga playing a key role in his father's recovery from debilitating chronic lower back pain, and that inspired him. It may be no surprise that one of the original yoga styles that he has developed is called "Healthy Backs Yoga."

I had an opportunity to attend a "Slowburn Yoga" class, which is another style that Jonny developed, which I found to really work my core, and to warm me up. As is stated on the Center for Yoga's website, the yoga style, which is based in Hatha yoga, "uses the complete yoga breath and closed eyes to focus attention inward." Some of the poses that my class instructor, Matthew Toth, walked us through were somewhat physically challenging for someone who is a bit out of practice. I admit that I got a little frustrated for a moment when I could not hold my leg up in the air for very long during warrior pose sequences, or when I didn't bend as far as I used to. However, the studio's statement that "students will find the yoga room to be a truly non-judgmental environment," rings true to me. Ultimately, my frustration subsided under Matthew's encouragement, and it turned into determination to get the most out of the practice.

Jonny founded the annual Midwest Yoga Conference, which will be held in Bloomingdale, Illinois this year, from June 3 - 6. Visit http://midwestyoga.com to find out more about the conference. He also offers a yoga teacher training program, called "Seven Ways to Take Your Practice and Your Teaching to a Deeper Level." His trainees learn to teach Ashtanga/ Vinyasa Yoga and Jonny's "Slowburn Yoga" classes in the course, and they learn about anatomy, meditation and breath. Visit centerforyoga.com to find out more about the Center for Yoga, Ann Arbor. Contact the studio by phone, at (734) 769-9642. They've opened up on West Stadium, across from Westgate Shopping Center.

New holistic practitioner Kate Boyd is offering massage therapy, Reiki and reflexology at the Parkway Center, through her new holistic business *Kate Boyd Therapy*. In addition to helping her clients to relax and release, she is also certified in Trauma Touch Therapy, which Kate describes as "an innovative, somatic approach toward healing trauma and abuse." Whether a client is a victim of -- or a witness to -- abuse, violence, war or other traumatic experiences, Kate says that her intent is "to create a safe and nurturing environment to slowly explore healthy touch and to investigate sensation and feeling in the body, without re-traumatizing. Find out more about Kate online, at www.kateboydtherapy.com. Contact her by phone, at (734) 546-2387, or email kateboydtherapy@comcast.net

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Please note that the "What's New" column is part of the editorial (not paid-for advertising) part of the journal, and the editors may or may not include what you submit. Whether the editors include material or not will depend on space considerations, as well as other editorial issues, such as the need for high resolution jpgs and the overall mix of stories included in the "What's New in the Community" column in a given issue. If you would like to submit information to be considered for this column, please e-mail Jen Eberbach at communitynews@crazywisdom.net or drop off or mail to the store: What's New in the Community, 114 South Main, Ann Arbor, MI 48104. The firm deadline for submissions for the next issue (September to December 2010) is July 1, 2010.

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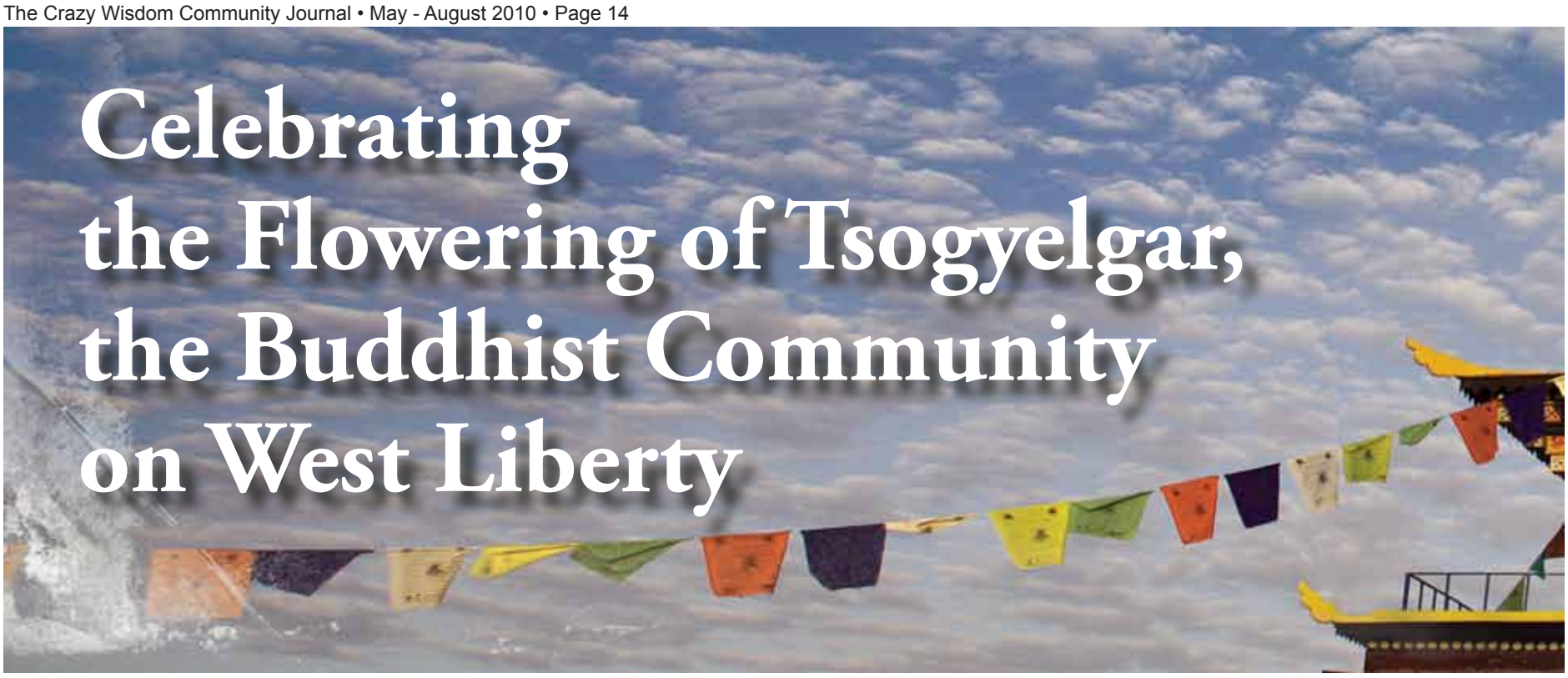


Celebrating the Flowering of Tsogyelgar, the Buddhist Community on West Liberty

"Incarnating The Beautiful, The Good, The True"

Just a few minutes west of town, on a now transformed farm property on West Liberty, the Buddhist community known as Tsogyelgar has been quietly flowering. Founded in 1990, by Stuart and Katie Kirkpatrick (known by their Buddhist names, Traktung Khepa and Tsochen Khandro), the community has become something to behold and treasure. Every Crazy Wisdom reader has reason to pay attention to what is unfolding at Tsogyelgar, and every Ann Arborite has reason to be proud of the sheer beauty and profound ambition and deep purpose manifesting itself there. It is not only a residential Buddhist community; it also includes achingly beautiful gardens, and magnificent Buddhist art work and shrines. (After the opening of the Tantric Mural last summer, *Current Magazine* described the work as "museum quality" and "Ann-Arbor's best kept artistic secret".)

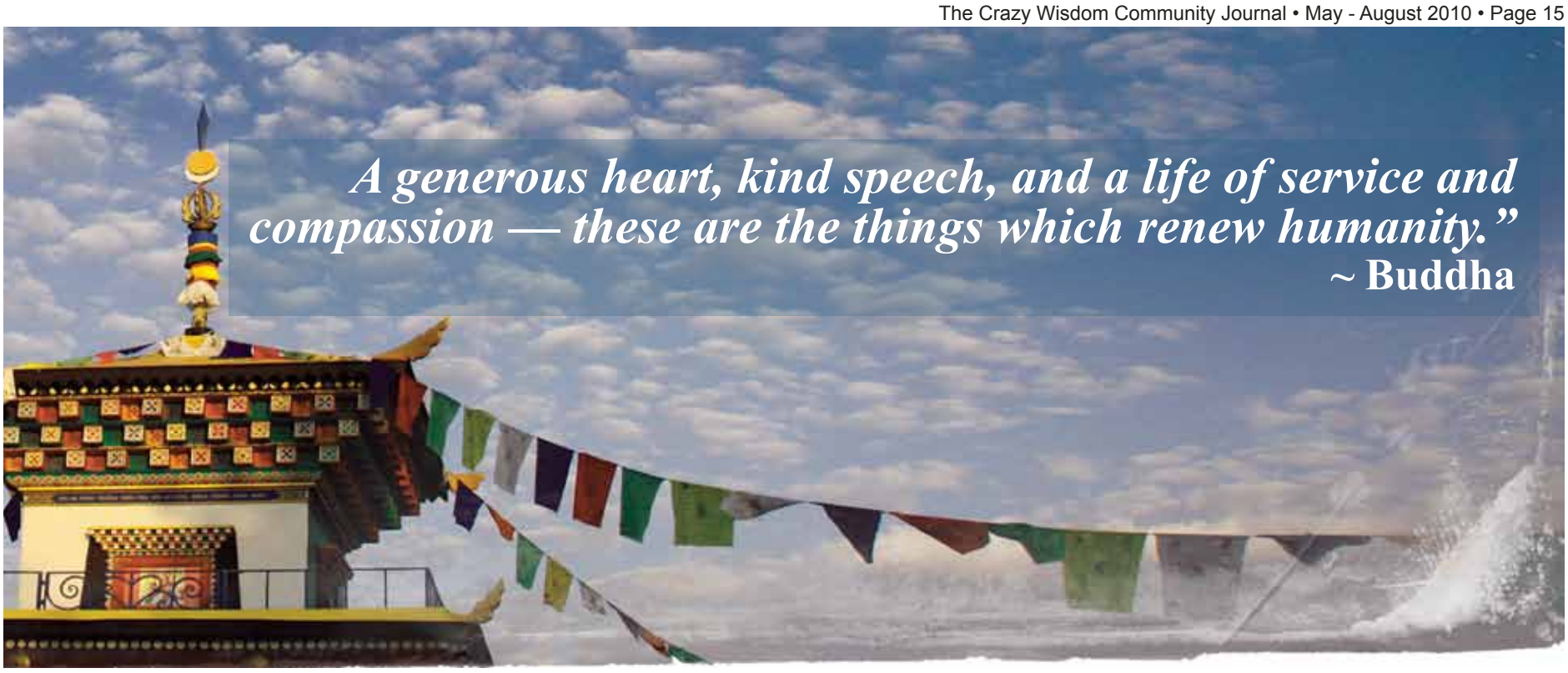
Tsogyelgar, named for the great Tibetan female Buddha Yeshe Tsogyel, describes itself as a "gathering place for human enrichment and spiritual development." "It is a living mandala" whose 25 acres include Crazy Cloud Hermitage, a residential Buddhist community, public peace gardens, shrines, a farming project working in conjunction with other charities to provide fresh produce and food security to local families in need, an innovative arts program, and a library of world literature on spiritual and human development. Collectively these endeavors are called "The Human Enrichment Project".

On a typical Saturday, woodworkers, musicians, artists, gardeners, members of the Tsogyelgar community and friends gather to "bring joy and compassion into form," inspired by Traktung Khepa's words: "Compassion and creativity incarnate wisdom so that the beautiful, the good and the true become our center of gravity and the source of our actions."

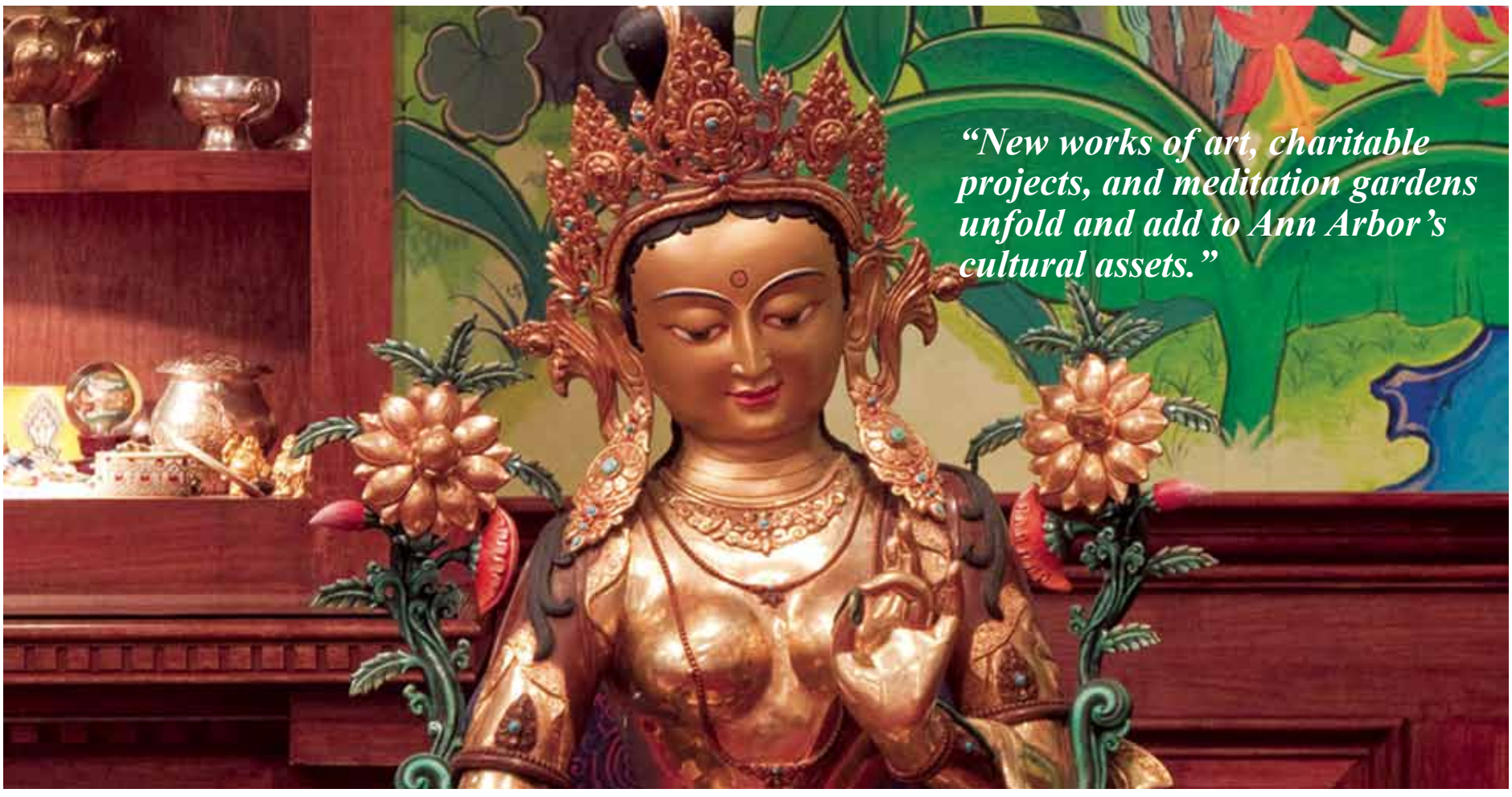
That vision is guiding Tsogyelgar. New works of art, charitable projects, and meditation gardens unfold and add to Ann Arbor's cultural assets. Meanwhile, the community grows and matures, and its members deepen their own spiritual lives.

What follows is a 4-page photographic glimpse of Tsogyelgar's ever-evolving community.

"...community members have dedicated land and energy to producing a Human Enrichment Zone, which offers, to all, opportunities for embodying and enworlding the deep values of wisdom, compassion, and beauty."



A generous heart, kind speech, and a life of service and compassion — these are the things which renew humanity."
~ Buddha



"New works of art, charitable projects, and meditation gardens unfold and add to Ann Arbor's cultural assets."

Tsogyelgar Pages Designed by Hans Anderson
Photo Captions by Christina Burch
Photos provided by Tsogyelgar

Tantric Mural at Tsogyelgar

"What lies behind us and what lies before us are tiny matters compared to what lies within us." ~ Ralph Waldo Emerson

For 2500 years, Tantric Buddhists have been exploring the geography of mind, mapping the interface between wisdom and bliss. Traktung Khepa has taught, "The felt images and imaged feelings of Tantric art are a science of transformation, they are a participatory technology of beauty. Their mystery of form and color draws us into the wonder of Buddhahood —our own deepest reality." It was with a wish to share this ancient path of wisdom and beauty that Khepa commissioned master Thangka painter Rob Davis to create Tsogyelgar's massive mural of Tantric art.

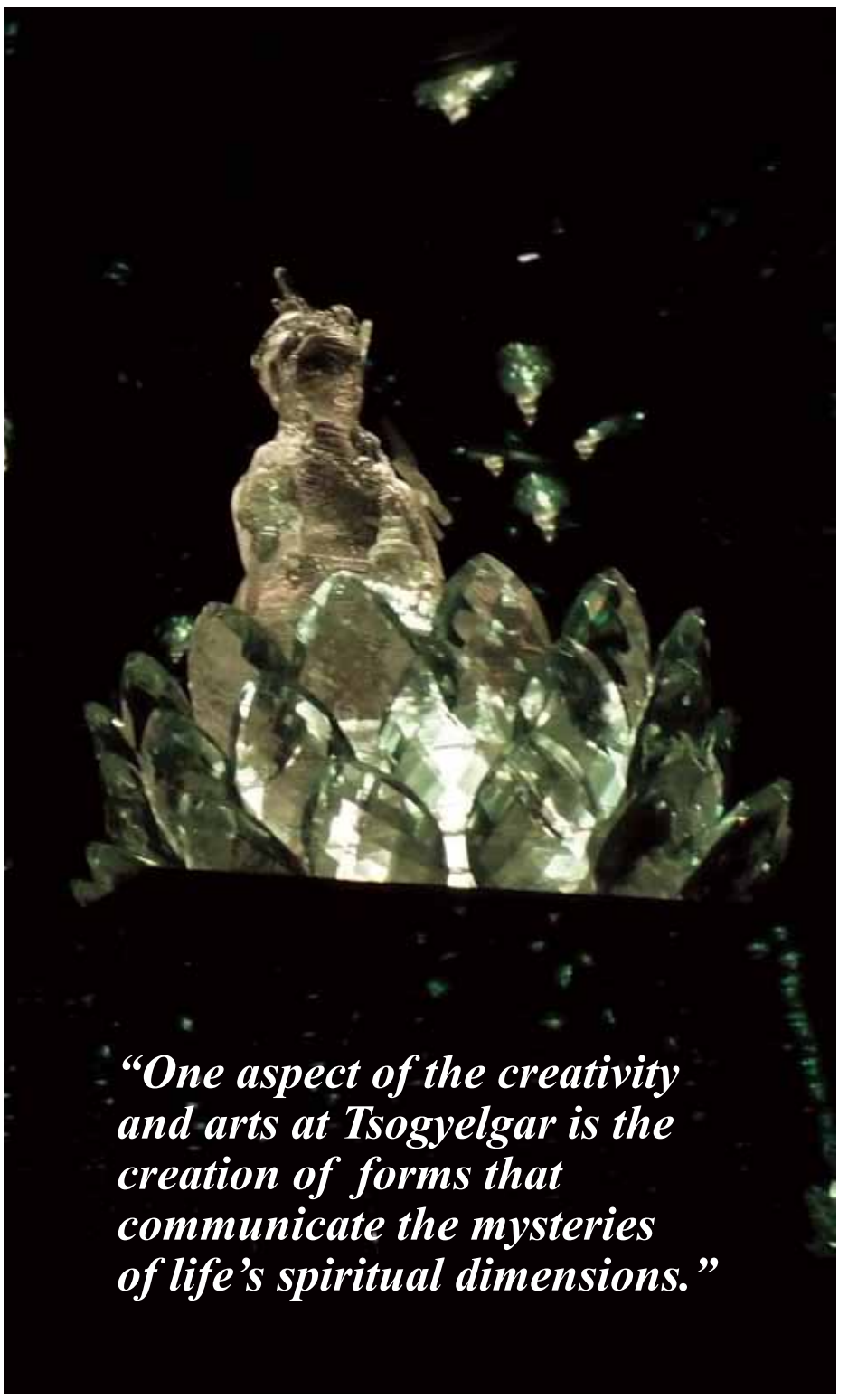
The Buddhas in the mural are potent symbols which evoke the enlightened energies of our spiritual potential—Tara the Mother of All Buddhas, Chenrezig the Lord of Love, Majushri the symbol of Wisdom's Power, Mandarava the Flowery Princess of Enlightenment, and many others. For Buddhist practitioners, each Buddha becomes a doorway, an invitation. At a deeper level, the Buddhas, the offering gods and goddesses, plants, animals, and symbols become a map of the enlightened mind and body. Each Buddha becomes a 'skillful means' whereby we can benefit beings through active compassion.

The Mirror Hut

In the 6th century, the Empress of China asked the mystic, Fa Tsang, to demonstrate subtle truths of wholeness and oneness without using words. In response, Fa Tsang built an aesthetic marvel called the "Mirror Hut." In 2009, craftsmen at Tsogyelgar completed a re-creation of the Mirror Hut so that women and men today could also experience this mystery.

One aspect of the creativity and arts at Tsogyelgar is the creation of forms that communicate the mysteries of life's spiritual dimensions. The thirty-five foot tall stupa with its dazzling colors, the Tantric Mural, the Mirror Hut, gardens, and more all speak of, and to, the deep truths which are beyond dogmas or even words.

To see a beautiful video of the Mirror Hut visit ***www.tsogyelgar.org***



"One aspect of the creativity and arts at Tsogyelgar is the creation of forms that communicate the mysteries of life's spiritual dimensions."

Copper Colored Mountain Arts

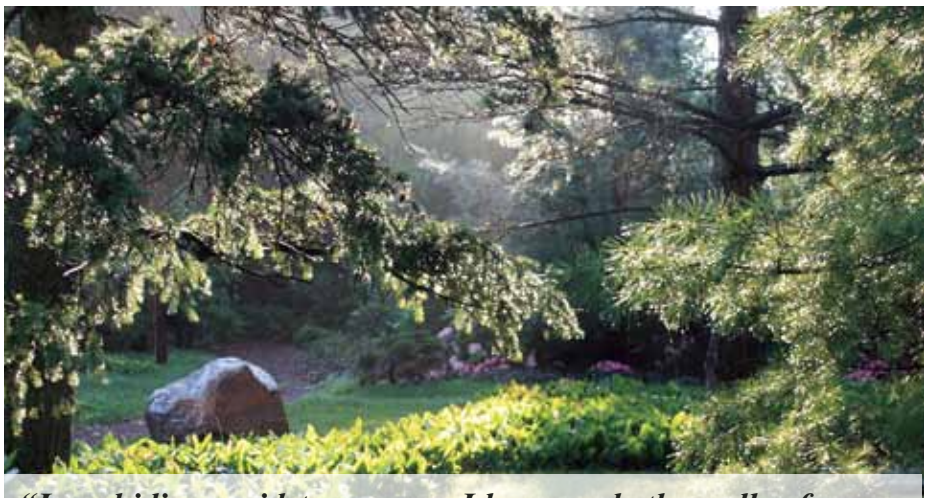
What began as a project to create the mural and other works of Tantric art has now become an arts education program. An entire barn has been transformed into studios, workshops, and laboratories for experimenting with the power of art and beauty. Artists are invited to teach, speak, and share in projects with students. This blossoming of activity arises from the union of wisdom and compassion in action. Copper Colored Mountain Arts (www.ccmarts.org) will be housed in the historic red barn adjacent to Tsogyelgar. Here Mr. Davis will be teaching thangka painting, and a variety of other working artists will offer instruction in various arts such as ceramics and glass beadmaking. There will be classes in music, poetry, and Dharma Arts such as tsa tsa making, prayer flag making and ceremonial dance. CCMA will also host the One Pause Poetry Series, performances and exhibitions of contemporary art, and outdoor sculpture and installation in and around the gardens of Tsogyelgar.

The Mandarava Peace Park and Wishing Tree Gardens

"My garden is my most beautiful masterpiece."—*Claude Monet*

Where beauty and nature meet, meditation comes naturally; it is on this principle that the Tsogyelgar community started the Mandarava Peace Park. Winding through acres of community-held property, the gardens include ponds, flowers, art works, stupas, and places for sitting silently in the midst of nature. In 2010, four acres of flower beds, inspired by the painter Monet's gardens, will begin. Several new art works will be installed this year in partnership with Copper Colored Mountain Arts. In addition, a beautiful outdoor shrine containing a life-size statue of Tara, the mother of all Buddhas, will be finished. The gardens can be visited by appointment throughout the week. On Saturdays we invite the public to help us in creating and maintaining this sanctuary of peace and beauty.

Another project in partnership with nature is the Wishing Tree Garden. This project works to address food security issues for families in need by partnering with Food Gatherers' Faith and Food program. On several acres of recently donated land, Wishing Tree Gardens will initiate innovative natural farming methods and experimental aquaponics systems to help provide fresh produce to those in need. This project has found tremendous inspiration in the urban farming movement, especially the work of Growing Power in Milwaukee and Chicago.



"I am hiding amidst everyone. I have made the walls of my retreat hut from the fabric of appearance, hidden my mind in the emptiness of space and safeguarded my love in the guise of all beings....."

~ Traktung Khepa

Sustainable Health

By Judy Stone, CN, MSW

Thinning Facts, Thinning Bones

A friend recently asked me if she should take calcium as part of her daily regimen; she is small boned and has a family history of Osteoporosis. This question is one I hear often, and it's not one to which there is a simple yes or no answer despite the idea that has been emblazoned in our brains that we prevent bone loss by taking our daily calcium. This simplistic though not altogether unreasonable cause-effect link between the two is emblematic of "give me a symptom I'll give you a _____(fill in, drug, supplement, herb, remedy)" thinking that plagues allopathic and often alternative medicine.

Most adults and many children know that calcium is needed to build bones. But so are protein, minerals, essential fatty acids, vitamin D, properly functioning digestion, good thyroid function, healthy adrenals, good acid-alkaline balance, and many other nutrients and physiological processes. So the answer to why your body may be losing bone, and why your friend's body may be losing bone, could be very different.

I loved Sally Fields as the flying nun. As a young girl I had an obsession with all things "nun" until I learned it wasn't a career path for a Jewish girl. But I have to take issue with her convincing direct-to-consumer pitch to American women to jump on the "convenient dosing of once a month Boniva" bandwagon. Don't you just love the voice-overs on the drug ads that speed talk you through all the toxic side effects? "Talk to your doctor if you experience pain or trouble swallowing, heartburn, ulcers in your stomach or esophagus, diarrhea, pain in extremities, or upset stomach. Do not take Boniva if you cannot sit or stand for 30-60 minutes". They *have* to talk fast to get it all in because the list is long and scary. Do you know why you have to be able to sit or stand for 30-60 minutes? Because the stuff is corrosive and has the potential of causing serious gastrointestinal damage so you don't want it sitting there on its way to your bone. And it's not just Boniva; Fosamax, Actonel and other drugs in the category called Bisphosphonates all have the same, potential, problematic side effects…

These drugs work by blocking cells in bone that would normally break down old bone cells, a natural part of bone turnover called bone resorption. They increase bone density by interfering with a normal body function, but they do not promote the other side of the equation, that is, they do nothing to stimulate the growth of healthy, new, strong bone cells. So they increase bone density by saving bone that was destined for the bone graveyard.

The selling of Osteoporosis drugs is a very interesting tale of the making of a disease to fit the prescription. Several months ago, NPR's *All Things Considered* did a riveting deconstruction of this process (How a Bone Disease Grew to Fit the Prescription http://www.npr.org/templates/story/story.php?storyId=121609815). My summary will never do it justice and I hope since you are reading this article, you will also take the time to listen to the story as part of your medical empowerment. In short, around 1986, Merck, the maker of its now blockbuster drug Fosamax was at a loss to explain the drug's initial lackluster sales. Merck hired a hotshot consultant in the medical field, Jeremy Allen, to figure out why, and then to figure out how to goose sales. His analysis of the slow sales came down to the fact that not enough people were being screened for bone density, leaving doctors no reason to prescribe Fosamax. Screening machines, at the time, were large, expensive and not very common, leading to an access problem for patients.

"With any health issue, we are all vulnerable to feeling fearful and intimidated in the face of medical and pharmaceutical dogma. Armed with the facts, and some understanding of how our body works, we can become empowered to make better decisions that support our health."

Allen convinced Merck that it needed to establish a non-profit, named the Bone Measurement Institute. Through the BMI arm, Merck was ultimately able to promote its mission of diagnosing more women with the condition for which it had the "cure". Along the way, between Merck and the BMI, a company was started to develop smaller, cheaper, screening equipment, as was a financing company to get the machines in the office of doctors across the country (and make it profitable for them to screen). Congress was lobbied to pass laws that got Medicare to cover the screening. But the real coup was the redefining of Osteopenia, a term previously used to denote a natural, non-threatening, bone-thinning process. By printing the term, and graphing Osteopenia on the report printouts that doctors and patients got from the bone screening, both doctors and patients alike were subtly manipulated into thinking they needed to do 'something' about Osteopenia. And that 'something', was Fosamax.

1992, in Rome, a small gathering of Osteoporosis experts, organized by the World Health Organization met to come up with a clear marker for when the process of bone-thinning that naturally occurs in aging, should be considered a health risk, and termed Osteoporosis. According to the recollection of one participant at that meeting, Dr. Anna Totenson, the decision was made fairly arbitrarily. After the stake was plunked down delineating Osteoporosis, the members decided to give the name Osteopenia to the group that fell just before the Osteoporosis cutoff line. It was nobody's intention at that time to define a condition that required treatment; Osteopenia was more or less a category created for the convenience of researchers.

Bone Density, the measurement used to determine whether a woman (or man) is at a higher risk for bone fracture, has nothing to do with the quality and strength of the bone being measured. We want strong, flexible bone, not necessarily dense bone. Especially not when the density is created artificially by building up layers of "dead" bone.

Understanding this will hopefully arm you to make an informed decision if you find yourself confronted with the diagnosis of Osteopenia, as will many women in their 40's and beyond, if they have a bone density test. However, we still need to address the question of how do we continue to generate healthy strong bone as we (men and women) age? Really what we need to understand is how we get in the way of that process because the body knows how to build bone. Pretending it all comes down to having enough calcium, is a myth great for drug sales but not so good for us.

"Don't you just love the voice-overs on the drug ads that speed talk you through all the toxic side effects?"

Here are a few aspects of health and lifestyle to consider if you want to support healthy bone:

1. Stay active. Chop wood, carry water. Incorporate bending, lifting, walking, running, biking, digging, and all manner of movement into everyday life. It's what we're designed to do. If you have to go to a gym to do it, fine, but consider how you might enrich your daily life by incorporating weight-bearing exercise and breathing deeply into the life you already lead. Plant a garden, clean your garage, haul firewood, you get the picture. If you have pain or other limitations that keep you inactive, get the help you need to address the underlying problem, as is possible.

2. Make sure your digestion is healthy. This is the number one problem for which I see people. It is a multi-layered problem and can be simple or complex to remedy. But it *has* to be remedied; digestive and gastrointestinal issues are the underlying issues in almost all conditions of compromised health. Specific to bone health, a main concern is that the majority of people as they age make less stomach acid, usually as a consequence of poor diet and its impact on how well the body functions. Stomach acid is required to properly absorb adequate calcium and other nutrients. If you are on acid blocking medications you are increasing your risk for Osteoporosis as well as lots of other illnesses because of the impaired nutrient absorption. Those medications were developed and tested for 6-week use, not the years people stay on them. It is possible to wean off them but see someone who can help you repair your digestion, and handle the rebound reflux you will invariably experience if you go off them.

3. Have your Vitamin D level checked regularly with a 1-25 (OH) Vitamin D test. The RDA of 400 IU daily of Vitamin D is not enough for most people in our latitude to keep levels sufficiently high for bone growth. D is also important for cancer prevention, depression treatment, and immune health. Practitioners vary in the reference ranges used but a minimum of 40 ng/ml is what many functional nutrition / medicine practitioners suggest. It is safe to supplement with 2-10,000 IU's daily in most cases, depending on your starting level, but it is important to monitor your levels so you do not get too much Vitamin D, which would then pull calcium out of your bones. The upper range can vary depending on your health needs, but 40-80 ng/ml wouldn't be too much for most adults.

With any health issue, we are all vulnerable to feeling fearful and intimidated in the face of medical and pharmaceutical dogma. Armed with the facts, and some understanding of how our body works, we can become empowered to make better decisions that support our health.

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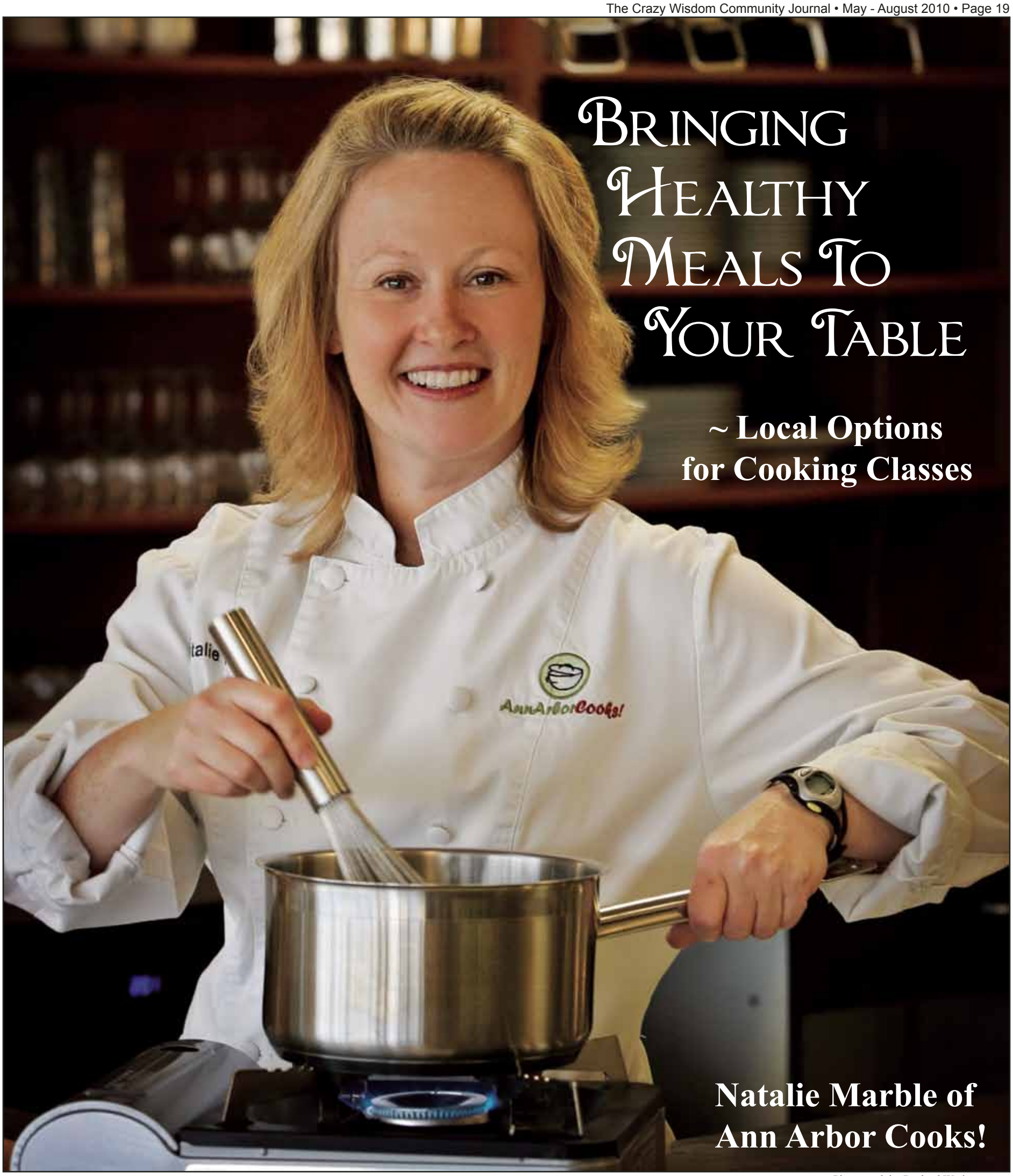
Bringing Healthy Meals To Your Table

~ Local Options for Cooking Classes



Natalie Marble of Ann Arbor Cooks!

Photograph by Rachael Waring

By Sarah Rigg
Photography by Rachael Waring

A good diet is a key component of good health, but many people don't have time for elaborate recipes or don't know how to make healthy food taste good. Eating out is convenient, but it isn't always easy to make healthy choices from the menu. Cooking at home allows you to make mindful decisions about using healthier ingredients, but learning to make healthy recipes at home in a way that appeals to the whole family can be a challenge.

Luckily, whether you're hoping to simply cook healthier versions of your favorite comfort foods or want to make a radical change in your diet, to become vegetarian or go totally raw, there are classes and services in the Ann Arbor area that can help you find healthier ways of eating.

Ann Arbor's many cooking classes

While some cooking classes in the greater Ann Arbor area focus on presentation or learning world cuisine without a strong emphasis on nutrition, there are a number of classes in Washtenaw County that focus heavily or exclusively on healthier fare.

Those who enjoy traditional American and French cuisine and just want to discover some healthier techniques and recipes might enjoy taking classes with Ann Arbor Cooks!.

Started in May 2009 by Natalie Marble, Ann Arbor Cooks! offers some of the only full-participation classes in Washtenaw County. Marble said that when she was researching places to teach cooking, she found mostly demonstration classes.

Continued on page 20

Healthy Cooking Classes in Ann Arbor

Continued from page 19

"Participation classes are where my heart is," Marble said. "When students connect with ingredients and techniques, their confidence to create at home is much greater."

Marble trained at the L'Academie de Cuisine, a small, private French culinary school in the Washington, DC, area that emphasizes cooking skills.

While many of Marble's classes focus on having fun with food rather than specifically on health food, she said she does try to include local, organic ingredients whenever possible.

"I use the Farmers Market a ton," she said. "We aren't fully organic, but I certainly try to bring as much organic product in as we can and promote that awareness."

Marble also has started offering classes that are specifically aimed at people who want to eat healthy. For instance, earlier this year, she held a class for those who want to try going vegetarian and another for those who have made a resolution to eat healthier.

"I use the Farmers Market a ton. We aren't fully organic, but I certainly try to bring as much organic product in as we can and promote that awareness… Just because I'm classically French trained doesn't mean that everything is dripping with cream and butter."

-- Natalie Marble of Ann Arbor Cooks!

"Just because I'm classically French trained doesn't mean that everything is dripping with cream and butter," she said.

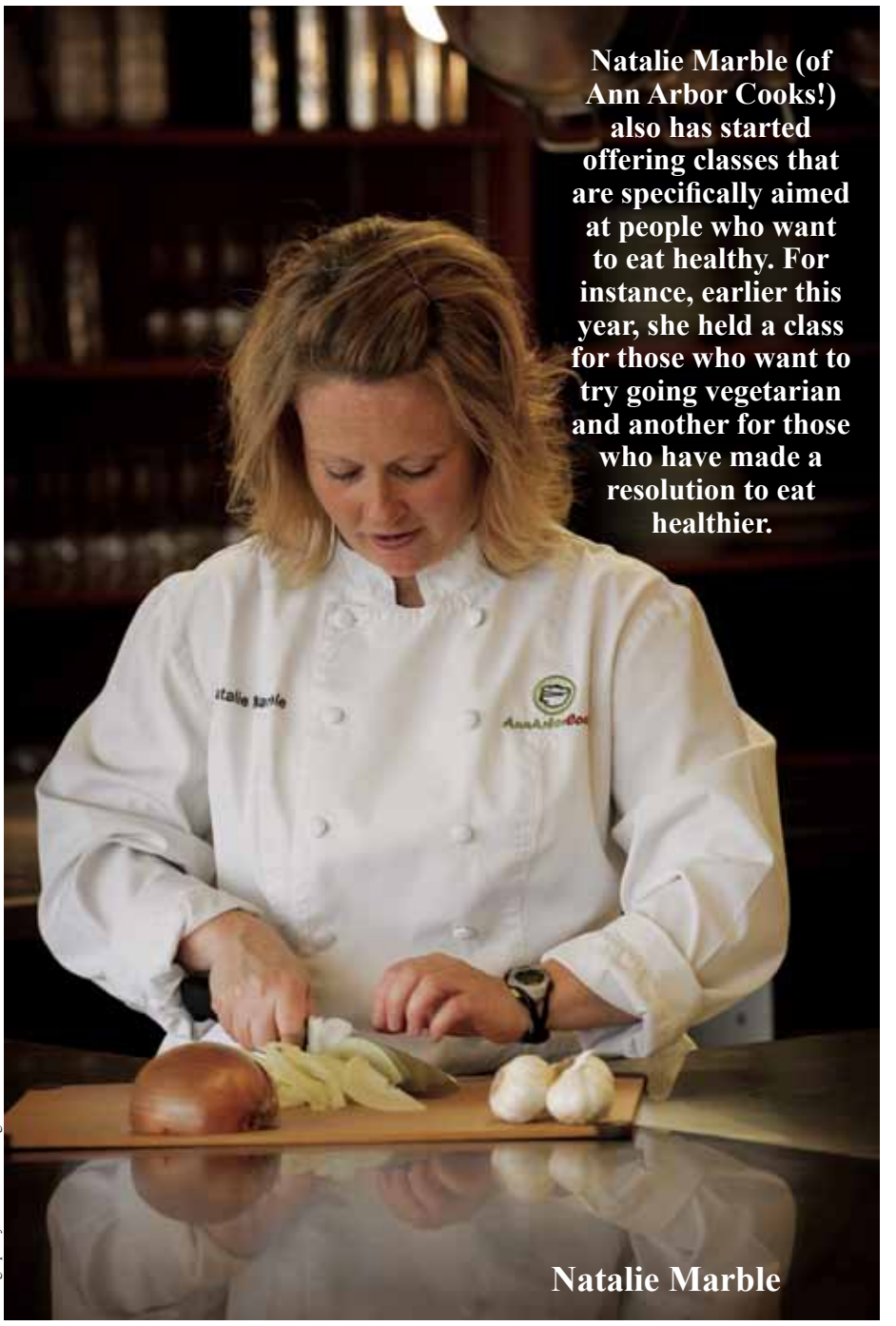
Marble said she emphasizes technique over recipes, and that applies to her healthy cooking classes as well. She shows her students how to steam and blanch rather than fry their vegetables and fish, and how to take the same basic, healthy ingredients and season them in radically different ways.

"I'm trying to show that you don't have to take the flavor out," Marble said. "Just because you're eating healthy, it doesn't have to be boring."

Marble said she's still learning what the Ann Arbor community is looking for in cooking classes, but that her clientele is definitely aware of the big issues such as the slow food and locavore movements.

"We're seeing a big return to the kitchen," Marble said. "Despite what some people might say, particularly locally here, people want to be aware of where their food is coming from."

Adult enrichment classes offered through Ann Arbor Community Education and Recreation are another resource for healthy cooking classes. Linda Brzezinski, program supervisor for adult enrichment programs, said that she's seen "a lot of interest" in cooking classes.



Natalie Marble (of Ann Arbor Cooks!) also has started offering classes that are specifically aimed at people who want to eat healthy. For instance, earlier this year, she held a class for those who want to try going vegetarian and another for those who have made a resolution to eat healthier.

Photograph by Rachael Waring

Natalie Marble

"We get a lot of requests for classes that are about healthy cooking," Brzezinski said. "Currently, many of our cooking classes are co-sponsored with St. Joseph Mercy at the Catherine McAuley Center. Their classes are all health-related and taught by registered dieticians."

The city's adult enrichment programs offer cooking classes at other locations as well, including Huron High School, the two local Whole Foods stores, and in the kitchen of Big George's Appliance store.

Brzezinski said class sizes are typically kept small, so that students can get more one-on-one attention from the instructor.

"For instance, at Big George's, you're sitting right up to the breakfast bar, directly opposite the cooking surface. You can't get more than fourteen people in there. It's a nice, intimate class with lots of interaction with the instructor."

Jamie Allison

Anusara Yoga All Levels Workshop:
Deepening the Roots of our Wisdom

June 9, 2010 ✻ Ann Arbor, MI

Please join Jamie and Justin Allison for this one-day event. Jamie is committed to educating and empowering her students through the enlightened teachings of Anusara Yoga® and Rajanaka Tantra®. She received her certification in Anusara Yoga® in 1999 and brings to her teaching the wisdom she has gained from her years of study, practice and desire to deepen her investment in yoga and in life. Jamie has been studying closely with John Friend, founder of Anusara Yoga®, since 1994 and Dr. Douglas Brooks, world-renowned scholar of Rajanaka Tantra®, since 1998.

Schedule:
- 1:30-4:00pm: Mixed Level Back bending. This class will be sequenced to allow access to the deepest part of the heart.
- 6-8pm: Mixed Level Hip opening class. This introspective class of settling and opening will allow heart and mind to connect.
- 8:15-8:45 pm: Kirtan. Justin will lead us in joyful, uplifting sacred chanting

Location A2yoga Studio, 2030 Commerce Dr, Ann Arbor, MI 48103

Contact Ana Powell 734-216-4006 / www.a2yoga.com

Cost 5-hour workshop $75 if paid by May 26, $90 if paid after May 26
2.5 hour class $50 2 hour class $40 Kirtan $10

Justin Allison has studied with Jamie and John Friend since 1995. He received his Anusara certification in 2002. Justin continues his studies with John Friend and Dr. Douglas Brooks, Rajanaka Tantra Scholar. Justin, a world class musician and skillful assistant, adds musical ambiance to Savasna and leads Kirtan.

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- Invigorating and relaxing bodywork
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Thank you, Craig, for being an exceptional therapist whose knowledge and compassion assisted me in releasing locked up trauma and emotions in my body. I now have freedom in movement…a natural state of being. Everyone should make the commitment to self-care!

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Brzezinski said the adult enrichment cooking classes attract a wide variety of participants, from high school students to mature adults and seniors. She added that the Community Education and Recreation department is "continually striving" to add more healthy cooking classes since, currently, demand outstrips availability.

Another option for cooking classes is "Flavors to Savor," offered through the Grass Lake Sanctuary. The Sanctuary is a 145-acre nature preserve space that specializes in rejuvenation retreats. Their mission, according to their online brochure, is "to provide a space and programs where people can learn to reestablish balance and connection within their personal and natural worlds."

The classes at Hollander's feature cuisines from around the world, from Italian pasta dishes to Indian cuisine. The emphasis at Hollander's is not specifically on healthy food, but rather on developing an educated palate. Still, many of the dishes offered are healthy and cooked with local ingredients.

Flavors to Savor is the sanctuary's sustainable agriculture and catering service. It uses a "dirt-to-plate" food concept that provides organic meals and hands-on education for events at the sanctuary, as well as cooking classes. This spring's class schedule includes offerings such as "Gluten-Free Picnic" with instructor Joanna Mills and "The Mediterranean Diet: Three Great Dishes" with David Leavitt.

Heather Brumwell, a volunteer with the Sanctuary, said the classes started in the summer of 2009 and focus on foods that are "organic, healthy and local," adding that they're also "extremely fun." All of the proceeds from class fees benefit the sanctuary.

Brumwell said the sanctuary's mission has three branches: land stewardship, rejuvenation and restoration services, and food for health. While the cooking classes obviously fit the "food for health" mission, they also contain elements of rejuvenation and land stewardship. Brumwell said that eating healthy doesn't have to be serious or boring, though. The goal is to make locally grown and organic food into meals that are "fun and interesting."

"We're constantly making efforts to move toward creating the cleanest, most interesting relationship with food," said Brumwell, referring to a philosophy of organic, local, sustainable food, not fraught with ethical problems like factory-farmed food. "And food is key for helping in recovery, or if you're going through a health issue…Basically, we're trying to give back to the earth while creating fun, new, exciting meals."

Continued on page 22

Food dishes prepared by Natalie Marble of Ann Arbor Cooks!

Photograph by Rachael Waring

Cooking and Food Preparation Classes:

Ann Arbor Cooks!
Instructor: Natalie Marble
Emphasis: Traditional French and American cuisine.
Address: Inside the Main Dish Kitchen, 5060 Jackson Rd., Ann Arbor
Phone number: (734) 645-1030
Web site: www.annarborcooks.com

Grass Lake Sanctuary's Flavors to Savor
Instructors: Various
Emphasis: Healthy dishes with local, organic ingredients.
Address: Classes held at various locations.
Phone number: (720) 218-9861
Web site: www.grasslakesanctuary.com

Ann Arbor Community Education and Recreation's Adult Enrichment Cooking Classes
Instructors: Various
Emphasis: Varies, but many classes focus on heart-healthy meals
Address: Classes held at various locations
Phone number: (734) 994-2300, ext. 53203
Web site: http://aareced.com/reced.home/reced.programs/adult_enrichment

Raw Food Classes at Living Yoga
Instructor: Ellen Livingston
Emphasis: Raw food recipes, advice, and support
Address: Living Yoga LLC, P.O. Box 3275, Ann Arbor
Phone number: (734) 995-0875
Web site: http://livingyoganow.com/index.html

Hollander's Kitchen & Home
Instructors: Various
Emphasis: Variety; world cuisine.
Address: Kerrytown Mall, 410 N. Fourth Ave., Ann Arbor
Phone number: (734) 741-7531
Web site: www.hollanders.com/workshops/

Other Healthy Eating Resources:

Wellness Community of Southeast Michigan
Focus: Free cancer support, including classes on nutrition and "cooking for wellness"
Address: 2010 Hogback Rd., Suite 3, Ann Arbor
Phone number: (734) 975-2500
Web site: http://www.thewellnesscommunity.org/semich/main/index.php

MHealthy - University of Michigan Health & Well-Being Services
Focus: Information, services and classes about fitness, nutrition, and more, for U-M employees and the general public. Offers healthy cooking demonstrations.
Phone number: (734) 975-3024
Web site: http://hr.umich.edu/mhealthy/programs/nutrition/cooking/index.html

Slow Food Huron Valley
Focus: Promoting sustainable agricultural practices and buying local food.
Web site: http://www.slowfoodhuronvalley.com/SFHV/Welcome.html
For more information: leadership@slowfoodhuronvalley.com

Healthy Cooking Classes in Ann Arbor

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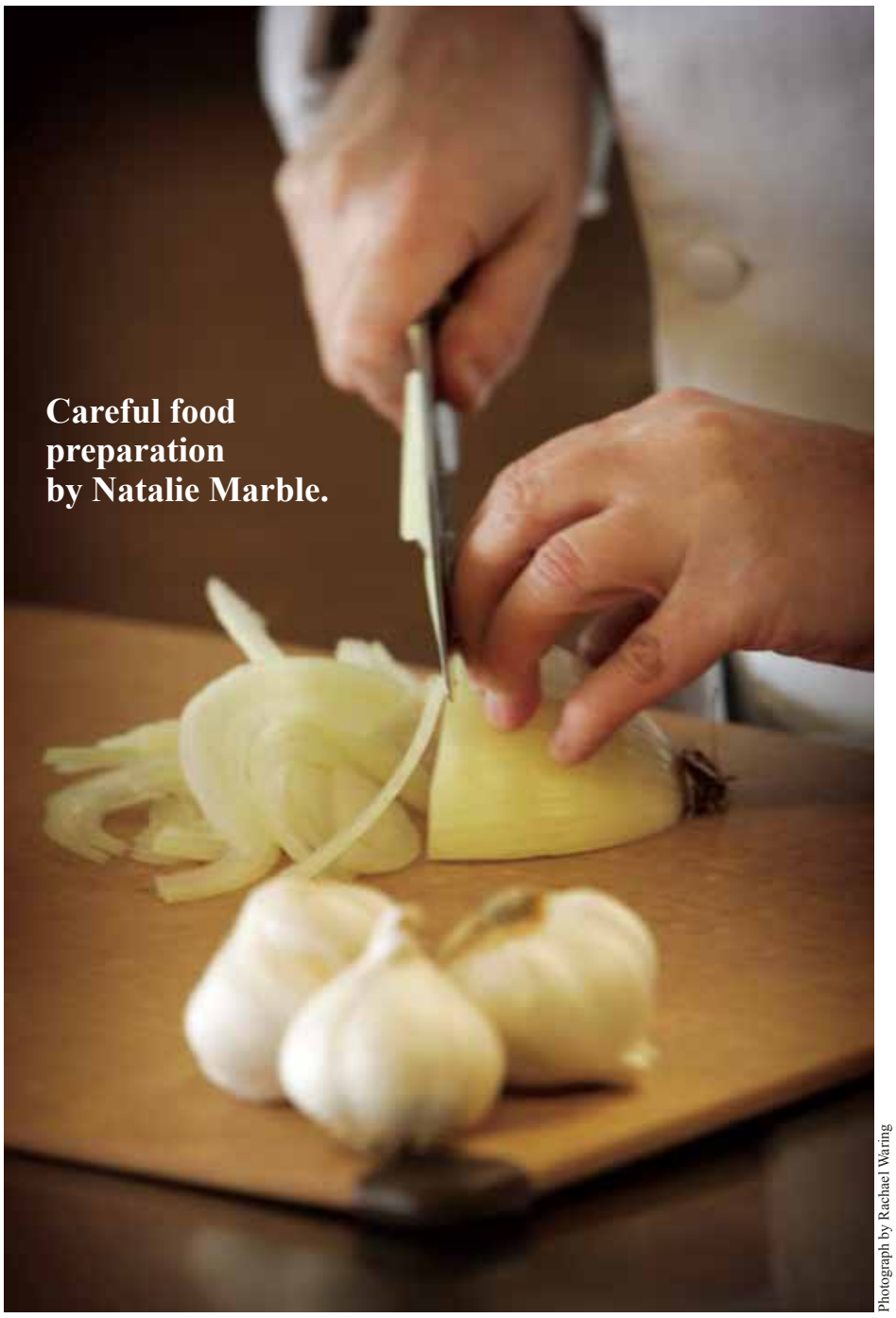


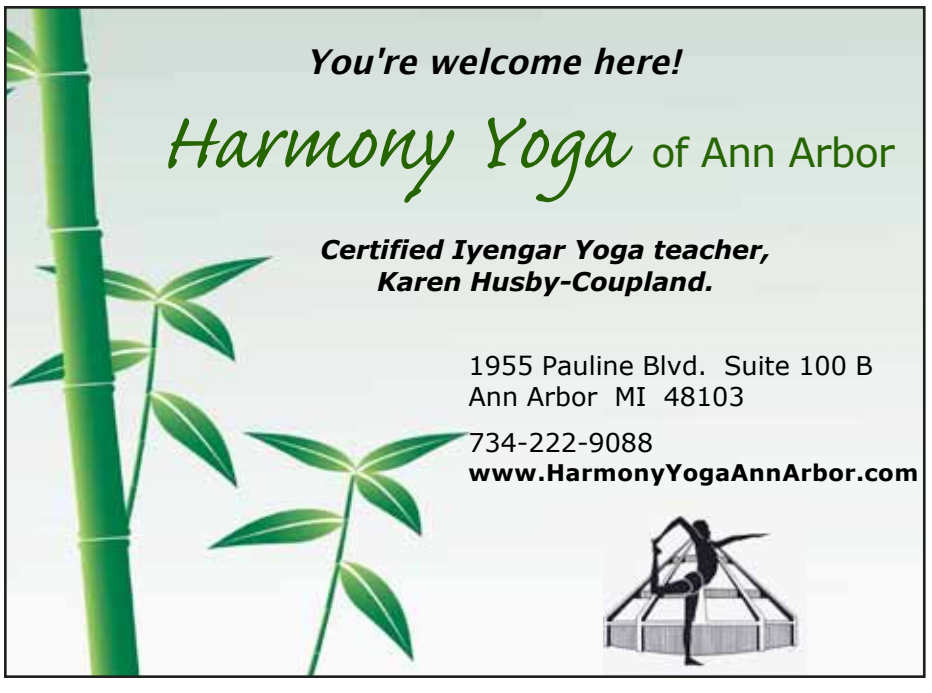
Careful food preparation by Natalie Marble.

Photograph by Rachael Waring

Another place to take cooking classes is through Hollander's, a business best known for its stationery and paper supplies. They began offering cooking classes as part of the store's expansion last year, when they opened Hollander's Kitchen & Home.

The classes at Hollander's feature cuisines from around the world, from Italian pasta dishes to Indian cuisine. The emphasis at Hollander's is not specifically on healthy food, but rather on developing an educated palate. Still, many of the dishes offered are healthy and cooked with local ingredients.

George Rodgers, kitchen coordinator, said the classes are a recent addition, starting up in September 2009.



Raw foods educator Ellen Livingston said that some people worry about feeling deprived of comfort food on a raw food diet, but that this way of eating is actually "very satisfying and satiating."

"It's still really new to us," Rodgers said. He said chefs and cooks in the area have been enthusiastic about offering classes through Hollander's.

"We've been really lucky," Rodgers said. "People found out we started having these classes, and the teachers came to us. Right now, we're just featuring whichever cooks come to us and seem like a good fit for the store."

Those looking for a complete change of pace when it comes to dietary habits might benefit from taking a one-time seminar or an ongoing class with local raw foods educator Ellen Livingston. Livingston received Raw Nutritional Science training from internationally renowned raw food and fitness teachers Dr. Doug Graham and Professor Rozalind Gruben Graham.

Livingston's Web site explains that, for humans, "our natural diet [should] consist of fresh, ripe, raw, whole, organic plant foods. These are the foods nature provides for us, and these are the foods that make up the diet of our closest animal relatives — specifically, the bonobo monkey, who shares most of our DNA and our exact digestive system, and eats a diet of mostly raw fruit and some leafy greens. When humans eat this fresh raw plant diet, devoid of animal or grain products, we thrive. Degenerative disease is avoided and our bodies work the way they're supposed to."

"My most popular current class is called "30 Days of Raw Vibrance Coaching Group," Livingston said. "It helps people be on a raw diet for 30 days. It inspires them and shows them what's possible."

More than a food preparation class, this course offers a weekly support meeting that includes a raw food meal.

Natalie Marble and guests enjoy the completed meal.

Photograph by Rachael Waring

"We sit down and have a raw dinner together at the meeting," Livingston said. She said many people pursuing a raw diet struggle because they don't have support from family and friends, who don't understand the raw food diet. The meeting provides a rare opportunity for camaraderie with others interested in raw foods.

Livingston also teaches two-hour classes with very simple recipes and a one-day informational seminar that explains the science behind the raw food diet.

"People do better if they really understand why they're doing it and what it's all about," she said. Livingston typically gets questions about how to get adequate protein and calcium on a raw foods diet and how to follow the diet safely.

She said that some people worry about feeling deprived of comfort food on a raw food diet, but that this way of eating is actually "very satisfying and satiating."

"What's very positive is that you're eating foods that are so obviously alive," Livingston said. "They're just vibrating with pure water and energy. They're water-rich and nutrient dense. You get a lot of nutrients per calorie, so you don't have to overeat on calories to fulfill your need for nutrients."

Livingston said there's a lot of conflicting information out there about raw food diets and many different ways to approach a raw food diet. She emphasizes a low-fat diet whose mainstay is fruit.

"Most people, given a chance to remember, absolutely love fresh fruit," she said. "It's hard to overeat on fruit because it's so satisfying. Your appetite shuts down at the appropriate time."

Livingston also teaches yoga, and says that exercise is the other half of the equation when it comes to healthy living.

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LAURIE AKERROS BA, MA, LMT is a member of the International Network of Esoteric Healing, and she teaches classes worldwide. Her formal education was in psychology, and she has 30 years of training and experience in holistic healing, with a varied "toolchest" to offer her clients and students. She is a cranio-sacral practitioner, a vibrational and flower essence therapist, and energy healer with a private practice in Ann Arbor.

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Photo by Carol Karr

At Home with Esoteric Energy Healing

A Profile of Laurie Akerros

By Mary Runser

Already you may be asking, what is Esoteric Energy Healing, exactly? It was my first question as well, and it proved to be a good starting point for Laurie Akerros to explain this method of healing within which she works. First of all, we have to realize that not only are we all flesh and bone physical beings, but we are also spiritual and energy beings at the same time. Laurie explained, "Really, we're an energetic matrix that has a physical form, but the core of who we *really* are is energetic in nature. Each of us is comprised of several different subtle bodies of energy."

"We have a physical-etheric body, which is roughly the same size and shape as the physical form, and is concerned with the functioning of the organs and systems. The astral body is or our emotional self, the part of us that has to do with how we process on an emotional level. We have a mental body, which is the arena of our mind and how we think about things. Our Soul travels with us from lifetime to lifetime, and is of a higher vibrational essence than our personality self. Finally, we each have higher spiritual bodies, which are even higher in energetic vibration than the Soul. So, every person on the planet has all of these subtle bodies that make up who they are — and yet, the majority of us identify most often with only the physical form."

While we may identify mainly with the physical body, oftentimes we are not really in tune with it. Laurie explained that because she works energetically, she can sense when someone isn't living in their physical body completely. Also, when she meets with a new client, she will ask what brought them to her or why they are seeking this type of healing work. Sometimes the situations with which clients are dealing are horrifying, and when she asks them how they are, the common answer is: " 'Oh, fine.' You know; the traditional 'FINE' answer." ("Fine" can be an unconscious acronym for: Freaked Out, Insecure, Neurotic, and Emotional.)

What this tells Laurie is that the individual may not be fully present in their physical body and not fully in touch with their emotions. Digging deeper still, she will ask: "If on a scale from one to ten, ten represents being fully present in your body, and one represents being off on the moon somewhere, where are you on that scale?" Most often, she says, "The answer will be around a four or a five, meaning that people are really only half in their bodies at any given time, and sometimes even less so."

Then there are many people who are disconnected from their emotional body. "Most people don't really relate, in relevant ways, to their emotions," Laurie explained. "In this North American culture, emotions—for whatever reason— are considered weak by many people, or you're considered to be out of control when you feel your emotions. Yet, we're given these emotions by the Creator, as part of our basic equipment with which to navigate life on the Earth plane. When we feel our emotions, we gather a lot of information about how we are experiencing our world. Our emotions are signals, meant to get our attention and relay important information."

"I just became more interested in the energy aspect of healing, rather than just chasing things around in the physical body…"

For example, "It is helpful if one realizes they are suddenly feeling fear. Realizing what we are feeling offers important feedback. Now, we need to use our mental body along with our emotional body to decide what to do: leave, run, I need to change something about this situation because I am feeling afraid." Laurie stresses, "Living only from the mind or only from the emotional self is a little like taking a shower with only the hot OR the cold water. The ideal is to blend and integrate both the emotional and mental bodies, a personality integration that then sets the stage for the Soul to begin to drive the bus." When we neglect to integrate all of our aspects, we become splintered or dissociated from those parts, which severely hampers our ability to learn and grow through life's lessons.

"I don't consider myself to be the healer. The real healer is the client who comes to me; I am just the hammer or the chisel, one of the tools that they use along their path to healing."

Prior to finding Esoteric Energy Healing, Laurie worked in the adult male psychotic ward of Kalamazoo State Hospital while earning her degree in psychology from Western Michigan University. After graduating, she worked at Detroit Baptist Children's home with emotionally disturbed boys, and also at Dearborn's Community Crisis Center, but she found, at the end of the day that "not only were these positions stressful, but I didn't feel content with my work or peaceful in my own heart. The people that I worked with in these positions were in deep suffering, and I began to question whether working in this field was really right for me. And I had not yet begun my own deep inner work."

Laurie decided to take some time off to travel and even lived on Prince Edward Island for a time. When she returned to South Redford, where she had always lived, she took a position as a permanent substitute teacher in the Detroit Public Schools. Eventually she married, quit teaching, and she and her husband owned several Skyline Kite Shops and moved to Florida. "I wasn't satisfied in retail, our marriage was stressed, and I sought out a good therapist to help me look at what I needed to do in my life to bring a significant change."

Beginning to do her own inner work changed the direction of her life completely. She made the decision to divorce, and the healing arts were still calling to her. In 1984, while still living in Florida, she decided to go to the Florida School of Massage and Natural Health in Gainesville to become a licensed massage therapist, "and to work holistically with people who wanted to feel better and improve their quality of life."

Upon graduating from massage school, Laurie did some travelling with the casts of *Cats* and *Phantom of the Opera* as the massage therapist for the troupes. "Eventually," she said, "I just became more interested in the energy aspect of healing, rather than just chasing things around in the physical body. That led me to study Cranial Sacral Therapy and finally, Esoteric Energy Healing, where I seem to have found my home."

Laurie took her first Esoteric Healing class at the recommendation of a good friend. Years before, Laurie had been in a bad car accident and had a residual and continual case of vertigo, which was extremely uncomfortable. She had gone to doctor after doctor, seeking healing and relief from the consistent dizziness, to no avail. However, during the Esoteric Healing class, the instructor worked with her and she was completely amazed to find that years of dizziness disappeared after a short Esoteric Healing treatment.

"That was it!" Laurie said, "I was hooked. I took every class I could, and eventually decided to become not only a practitioner, but a teacher with the International Network of Esoteric Healing. I wanted to devote the rest of my life to teaching this powerful work. It is the most complete healing tool that I know of, because it addresses all aspects of who we are as human beings." The beauty of working within this particular form of healing is that Laurie can use all of her skills and her educational training as part of the process.

How does Esoteric Energy Healing work? As Laurie explained it, when we find ourselves in this dissociative pattern that was described earlier, we are like an old telephone switchboard with all of its wires unplugged. Laurie's job or, more accurately, hers and her client's, is "to plug those wires back into the right places so that 'inter-office' communication is possible between the various aspects of our selves." In other words, Esoteric Energy Healing has the potential to increase communication between the emotions and the mind, and between the personality and the Soul, which gives a tremendous boost to the overall healing of an individual, and optimally quickens our spiritual growth.

"It's really a bit like being a detective. I use my intuition, and I listen to what people tell me, and then set about finding the areas of energetic restriction within their auric field." When she performs a treatment, she assesses and treats the chakras, the organs, the systems of the etheric body, and all of the aspects of the subtle body energies: the emotional, mental, Soul, and spiritual.

Laurie accomplishes this by following another major precept of the work: *Energy follows thought*. So, if someone comes in thinking they have a hip problem, she evaluates them energetically at the physical level, moves to the emotional and mental levels, and finally, into their higher spiritual levels. If she can sense a block in the flow of energy in any particular aspect, she focuses her intention on reducing or eliminating that block, and increasing energy flow, thus opening that aspect to greater wellness and healing.

Laurie was nice enough to give me a "demonstration" treatment to provide me with a firsthand idea of how it works. Admittedly, I was somewhat skeptical because she had already told me that it was not a hands-on kind of treatment, but was energy focused. I sat down on the sofa while she sat in a chair across the room from me and told me to relax as best I could, and then took a few moments to center herself and her thoughts. Then Laurie asked me some questions about things that were currently going on

Laurie demonstrating how healing energy can be manipulated.

Photo by Sarah Neeley

in my life. I related that I was emotionally unsettled about several issues, not sure which way to go with them. She became very quiet. I leaned my head back and closed my eyes, though my mind was still going at least a mile a minute, as it usually does, with no sign of slowing down any time soon.

I'm not sure how long I sat there like that before suddenly realizing that my mind was no longer racing along its usual paths, but was rather calm and quiet. I hadn't fallen asleep, but I was relaxed and very much at ease in that moment. I opened my eyes and saw Laurie making some gestures with her hands, as though she were clearing something out or making something bigger. After watching her for a few minutes, I closed my eyes again. Sometime later in the session, I had this feeling of immensity, as though life was much larger than I had realized. I was very much aware of myself as a physical being, but I was also much more aware of things around me than I normally am.

Before I knew it, she was telling me to take a deep breath, and when I was ready, I could open my eyes. At the time I had no idea how much time had passed, but it had taken about an hour. Afterward, we spent several minutes talking about the session, the things she worked on, and how I felt. She said that she had done some grounding work with me, and that I may experience a feeling of heaviness or feeling more connected to the earth throughout the day. Laurie noted that I am very mentally oriented, and so the grounding would balance me and help me deal with the issues that were on my mind.

Living only from the mind or only from the emotional self is a little like taking a shower with only the hot *or* the cold water. The ideal is to blend and integrate both the emotional and mental bodies.

And I did notice that I felt more tethered to the ground, or maybe it was more that I was noticing that sensation. But that feeling of immensity and the largeness of life also stayed with me for several days afterward. I also felt more relaxed and at ease with life in general, and this calmness seemed to make my emotional questions easier to deal with. I could certainly understand how this particular healing modality could be beneficial to the inner healing and wholeness that we all need.

"Even though I do this work, and have been working holistically for thirty years now," Laurie said, "I don't consider myself to be the healer. The real healer is the client who comes to me; I am just the hammer or the chisel, one of the tools that they use along their path to healing." Laurie said.

Anyone can learn Esoteric Healing. The core curriculum is taught in four parts over a few years. It is a science, not merely sending good intentions or wishes for healing. Students are taught to align and attune, how to palpate energy, and to focus their attention and intentions to create optimal conditions for healing.

In addition, students and practitioners are encouraged to have a regular meditation practice to aid them in maintaining a centered balance while treating others. Working in this type of healing brings the practitioner into contact and interaction with all different kinds of energy, emotions, and feelings, so clearing one's own mind and energy field becomes a very important part of the practice. "I don't do this work full time." Laurie said, "I purposely only work part time, so I have the time to devote to doing my own work, and taking the time I need to be in nature and other things that bring me to a quieter and more centered state of awareness and being-ness."

Laurie has been teaching Esoteric Healing classes for the last 11 years throughout the United States and Canada. She has a vacation home near Sarasota, Florida, and has taught a number of classes there. Currently, she is working on plans to teach an Esoteric Healing class in Giverny, France, in the small village where Claude Monet's flower gardens were located. When she is not teaching, she has a healing practice in northeast Ann Arbor, working with clients who want a deeper level of healing in their lives: physically, emotionally, mentally, and spiritually. She also works with clients who suffer with chronic illnesses, such as muscular sclerosis and autism.

Laurie said that she could be called a "wounded healer" because she came to this practice out of her own need for healing, as many people do. "As I've continued to find my way through my own healing journey, I've been able to pull together a great 'tool chest' of techniques and methods for people to use as they do their work. As both a practitioner and a teacher of this work, I can tell you that it's really quite miraculous to see the changes in people, even after just a few sessions. It is such a sacred honor to walk with people for a portion of their journey."

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(Laurie Akerros can be reached at lakerros@hotmail.com or 734-255-2677.)

Laurie Akerros' *Esoteric Healing* classes are listed in the Calendar section, in the 'Energy Healing' section. Her *Introduction to Bach Flower Remedies* class can be found in the 'Flower Essences' section.

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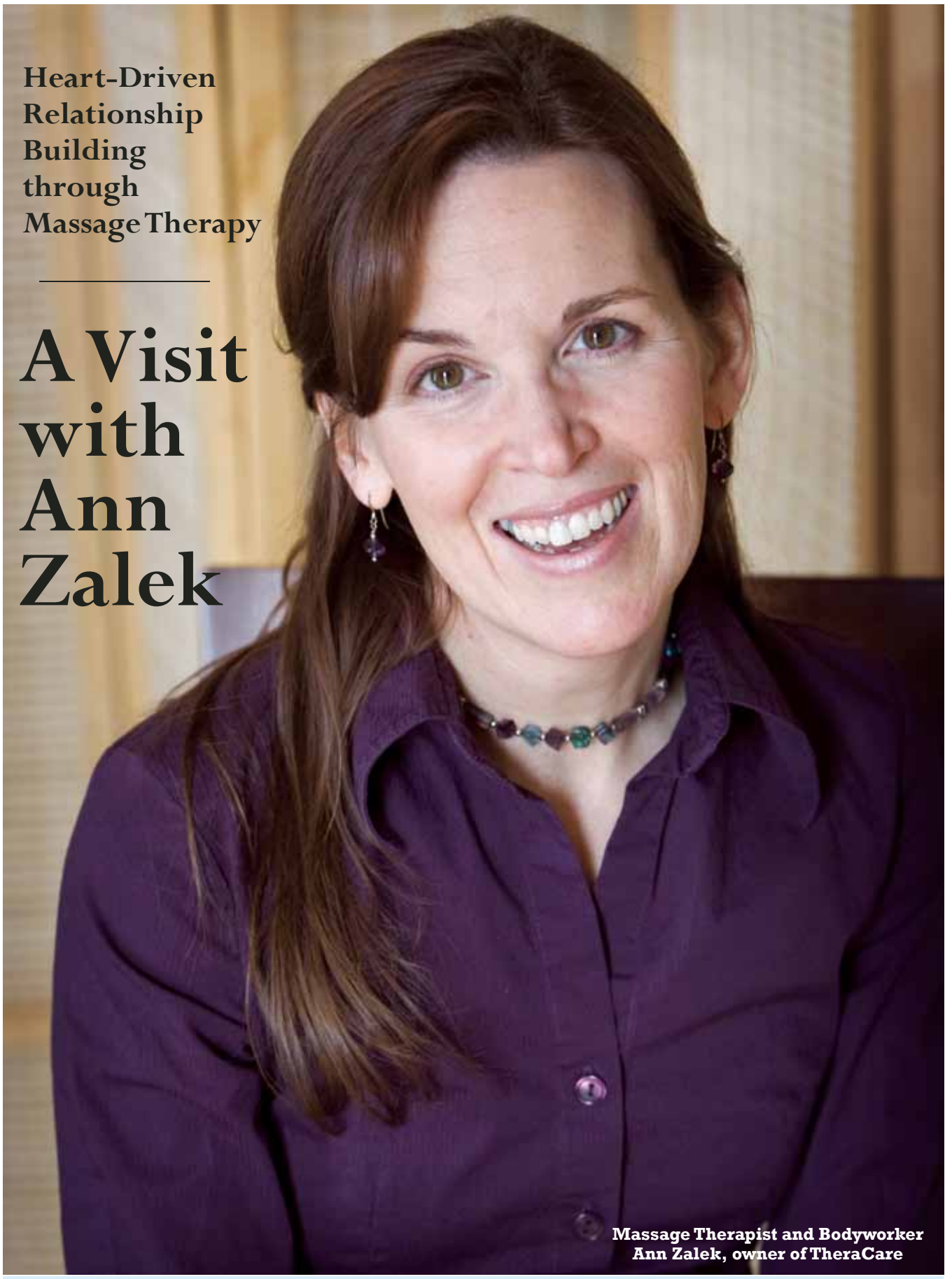
Heart-Driven Relationship Building through Massage Therapy

A Visit with Ann Zalek



Massage Therapist and Bodyworker Ann Zalek, owner of TheraCare

"The work that I do is very heart centered. It happens to be a business, but everything I'm doing is about building relationships. I care about every client that I have, and it's really a joy to be able to be integrated into so many families throughout this community."

By Mary Runser
Photography by Rachael Waring

When asked what drew her to the massage work that she does, Ann Zalek of TheraCare Therapeutic Massage and Healing Arts Center answered, "For a period of about two years I suffered with chronic migraine and tension headaches. It was a vicious cycle that could not be broken by Western medication alone. In desperation I began a journey of seeking treatments with practitioners, many of whom were influenced by Eastern practices. I was introduced to massage therapy and craniosacral therapy, chiropractic, acupuncture, and nutrition counseling. When I emerged from this period of chronic pain, I vowed to seek a new occupation where I could help others with similar struggles."

Ann was raised in Dallastown, Pennsylvania, and received her bachelor's degree in Mass Communications and Communication Studies from Towson University in Towson, Maryland. After working for fifteen years in marketing communication for health related and corporate clients, she and her husband, Steve, followed his work to Ann Arbor where she was finally able to realize her dream. She began by attending the Ann Arbor Institute of Massage, and after graduating, because she wanted to perform massage in a more medically oriented capacity, she thought that she would work in a chiropractor's office or perhaps in physical therapy. "I wanted to help people with chronic pain, but my first 'office' was actually a space that I rented inside of a hair salon." Anne admits that it wasn't her ideal arrangement, but it worked amazingly well. In fact, it ended up being the best thing that she ever did because those same people who came in for a cut or a style also came to her for their aches and pains. At this point, she was doing more relaxation massage, but there were also those who began coming to her with specific issues because they had heard she'd helped someone else. From the hair salon, Anne moved her practice into a spa for a time, and between the two establishments, she was able to build enough of a client base that she could move her practice into a space completely dedicated to therapeutic massage and other healing arts. "I moved the practice here on December 1, 2003, and I've had a full practice since that time." She believes that the word of mouth advertising she receives from her clients is the most valuable form of advertising.

It seems the word about TheraCare has spread to the point that, even in the current economy, she no longer really needs to advertise her business. This has also allowed her to be able to share her space with three other practitioners, each with their own independent businesses. Kathryn Hannan has similar training and certifications to Ann, and performs similar therapeutic massage techniques, so as a team they can accommodate clients and cover for each other when necessary. Rex Montague-Bauer of Stillpoint Breath of Life teaches the transformational power and profound healing that can be found in breath and breathing; and Marie Slottow of Good Vibrations Healing, specializes in vibrational and reconnective healing frequency techniques. This particular combination rounds out the group and allows them to offer a broad scope of therapeutic massage and healing art modalities.

And there are a variety of massage modalities available to choose from at TheraCare, including: Deep Tissue, Neuromuscular, Myofascial, Swedish/ Relaxation, Hot Stone, Pregnancy & Postpartum, Pediatric, Craniosacral, and Sports/Athletic, as well as others. So, how does a person know which method is best for him or her? Ann explained that the answer really depended on the person and his/her own particular situation or circumstance. The key for Ann, however, is in the dialogue that she has with her client. "I usually schedule sessions in 90 minute increments. 15 minutes of that time is spent in talking to the client during the intake process, which gives me the opportunity to ask questions and to get a handle on what is going on with them, and that can help us decide which method to use. And then another 15 minutes is spent in an exit dialogue in which I can find out how they feel now as opposed to when they first walked in the door. During this time I can also make some suggestions to the client about things that they can do on their own at home to help relieve muscle pain and tightness. So that dialogue that I have with my client is invaluable to the entire process because it lets me know where to start, when to make a change, and also helps me to know when a client is able to take charge of and handle their process on their own."

"Oftentimes, when a parent has to go back to work shortly after the birth of a child, it's stressful, because she or he is missing out on an important time in the baby's early life. And so being able to spend this kind of quality time interacting with your baby in such a loving and nurturing way, even if only for 10 or 15 minutes, is really an amazing way of relieving that stress."

Ann is adamant about not having any of her clients being solely dependent upon her. She is more than willing to make suggestions of exercises that can be done at home, or little tricks that she can teach someone to use to ease muscle tension and or pain so that they don't have to continually shell out money for a massage. However, she is also quick to point out that as a massage therapist, "I cannot and do not diagnose illness or disease or prescribe medications or treatment. I do not perform spinal manipulation. Massage therapy is for the purposes of reduction of stress, muscular spasm or pain, and for the purposes of improved circulation, energy and sense of well being." So while she cannot prescribe treatments and exercises, she can make suggestions for a client

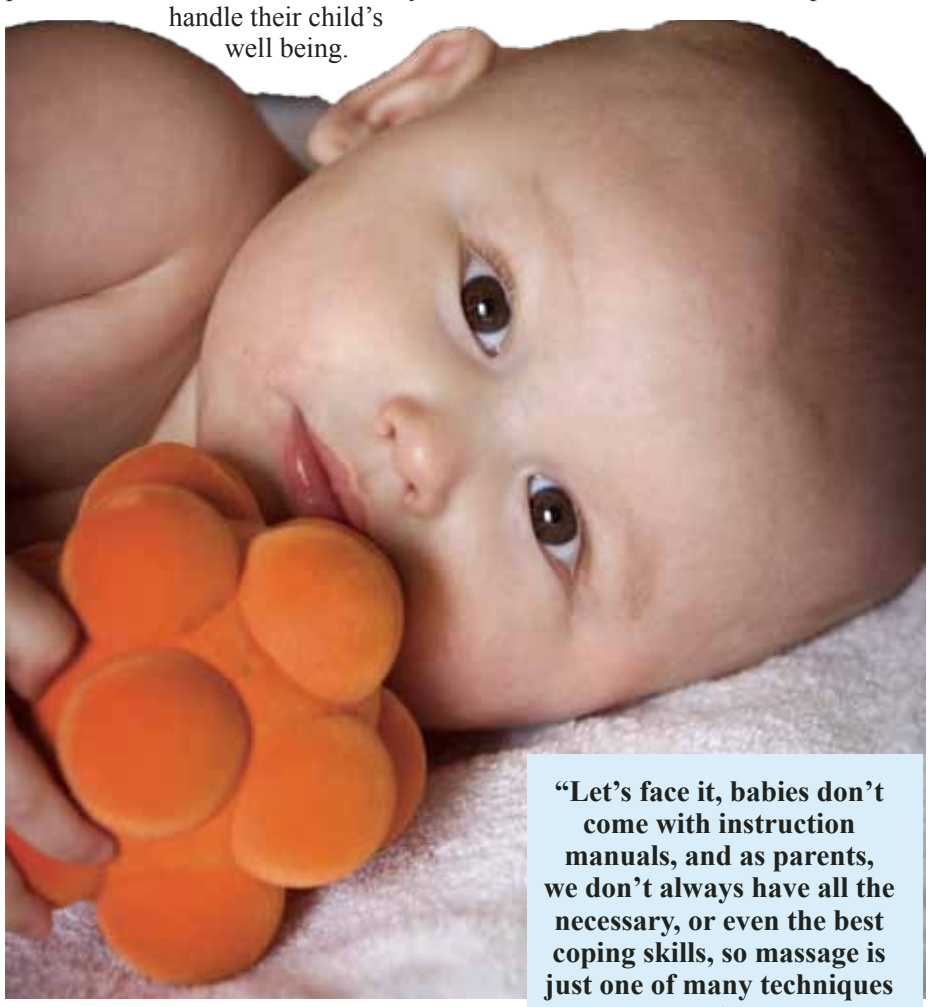
"Massage also helps develop a healthy and strong level of trust between mom, dad and baby. Since it is a technique that can and should be used from infancy, and continued throughout childhood, that trust helps to establish lines of communication between parents and child, and helps keep them open as they grow and mature."

to stretch a certain area or to strengthen another area, based on the dialogue that she has with that individual, and so each session ends up being customized for that individual alone. While some of her clients do come in for relaxing massage therapy, about 90% of her clients come in for very specific reasons, whether it's general body and muscle pain from Fibromyalgia, pain from cancer related illness, or even pain from a sports injury. So, she currently finds herself working in the medically oriented capacity she had originally wanted, when she first began her practice.

One portion of Ann's practice that seems to be very important to her, as well as one that I was able to observe first hand, is her Infant and Baby Massage classes. These classes can be taken either in private or in a classroom setting. Now if you are at all like me, you may well wonder why a baby would need massage therapy. I know that when I was a child, it was probably one of the last things that my parents would have thought about when it came to my overall health and well being. And since the study and practice of infant and baby massage didn't really begin to take root in the United States until the 1980's, well, let's just say that I was no longer a baby! Still, what is the necessity, or perhaps better asked, the philosophy behind infant and baby massage?

"Nurturing touch is healthy and beneficial for parents and babies in establishing attachment bonds." Ann explained. "Let's face it, babies don't come with instruction manuals, and as parents, we don't always have all the necessary, or even the best coping skills, so massage is just one of many techniques that can help in the process of forming those bonds. It should begin at the time the baby is born because that is the most important time for forming those bonds. So, it really is as simple as nurturing, loving touch."

Some of the benefits of baby massage consist of: stimulation through interaction between parent and baby; relief for bodily functions—because babies systems, digestive in particular, are immature, they often need prompting so massage can facilitate relief from constipation, gas, and colic; and finally relaxation. It's important to understand that babies have as many nerves and sensory receptors in their bodies as adults do, so often touch, light, and sound can be overwhelming stimulations for them, and massage can just help dial down that nervous system to help them relax. For parents, the key benefits that massage provides are confidence because they now have an extra tool at their disposal to handle their child's well being.



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And possibly even more important, it gives the parents and the child time to spend together in an interactive way. That's another important part of infant massage. "Oftentimes, when a parent has to go back to work shortly after the birth of a child, it's stressful, because she or he missing out on an important time in the baby's early life. And so being able to spend this kind of quality time interacting with your baby in such a loving and nurturing way, even if only for 10 or 15 minutes, is really an amazing way of relieving that stress."

"There are a variety of massage modalities available to choose from at Thera Care, including: Deep Tissue, Neuromuscular, Myofascial, Swedish/Relaxation, Hot Stone, Pregnancy & Postpartum, Pediatric, Craniosacral, and Sports/Athletic, as well as others."

Massage also helps develop a healthy and strong level of trust between mom, dad and baby. Since it is a technique that can and should be used from infancy, and continued throughout childhood, that trust helps to establish lines of communication between parents and child, and helps keep them open as they grow and mature. Another important aspect of massage for the baby is that it really begins to teach them the connectedness of their bodies. There is an integration stroke that comes at the end of the session that basically begins at the head and ends at the feet, and baby begins to realize that everything is connected. "And that is an amazing thing for a baby to begin to understand," Ann said. If the massage techniques continue to be integrated throughout childhood, it teaches children to become familiar with their bodies, and provides them ways to take care of their bodies' needs. "It shows them that self-touch is a positive thing."

Ann shared with me how she has performed massage on her son, Evan, since he was just a baby. "It has taught him that there are ways that he can help himself when his body isn't feeling the greatest, that rubbing his belly in a certain way is okay when it hurts. And it has certainly helped establish trust between Evan, Steve and myself. Now, at the age of seven, he feels comfortable telling us anything, the good and the bad, and we do hear it."

As I observed the class, it was obvious that the techniques she taught were anything but difficult. They are just tools that parents can use to bond with their babies, and provide a nurturing way to interact with them on a daily basis. The mothers seemed to enjoy this time with their babies. It was a special time that was set aside, away from the house and the concerns of daily life, and it was dedicated to spending time with their babies in a healthy, nurturing, and interactive way. The babies looked as though they were ready, their faces were bright and smiling, as though they knew that this was their own special time with Mom. There was one little guy who seemed to be having kind of a rough day, was kind of fussy, and had a bit of a bellyache. Mom worked with him, concentrating on rubbing his belly, and by the end of the session, he seemed to be feeling much better, and even doled out a few smiles to the stranger in the room with the flashing camera in her hand. Ann explained that it's okay for baby to say no to massage when they aren't feeling well, especially since they are receiving this nurturing touch every day rather than just once a week during class time. "This is their time, and we have to honor their answers and responses."

Ann is currently working on expanding her focus to include pediatric massage and helping children who have special healthcare needs, like cerebral palsy, for example. "There are massage techniques, like Myofascial massage, that can help with spastic or excessively tight muscles, and can help relieve some of the discomfort related to that." She's also going back to school for licensing in Occupational Therapy, which will open doors for her to be able to work with all different kinds of people with a variety of health concerns in a variety of venues, like hospitals and rehabilitation centers. "The work that I do is very heart centered," Ann said. "It happens to be a business, but everything I'm doing is about building relationships. I care about every client that I have, and it's really a joy to be able to be integrated into so many families throughout this community."

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The Crazy Wisdom Interviews with Sally Wisotzkey and Carole Lapidos on Raising Strong and Confident Daughters

Sally Wisotzkey and Carole Lapidos

Photo by Rachael Waring

Magazines, television, the internet, movies, dolls, fashion, peers, the schoolyard, the home --- the pressures on boys and girls to contort themselves to meet barely understood expectations is intense, just as it was when we were their ages! What follows are in-depth interviews with Carole Lapidos and Sally Wisotzkey, two Ann Arbor women who've been thinking about these issues for a long time, in a focused way, and working with girls and their parents.

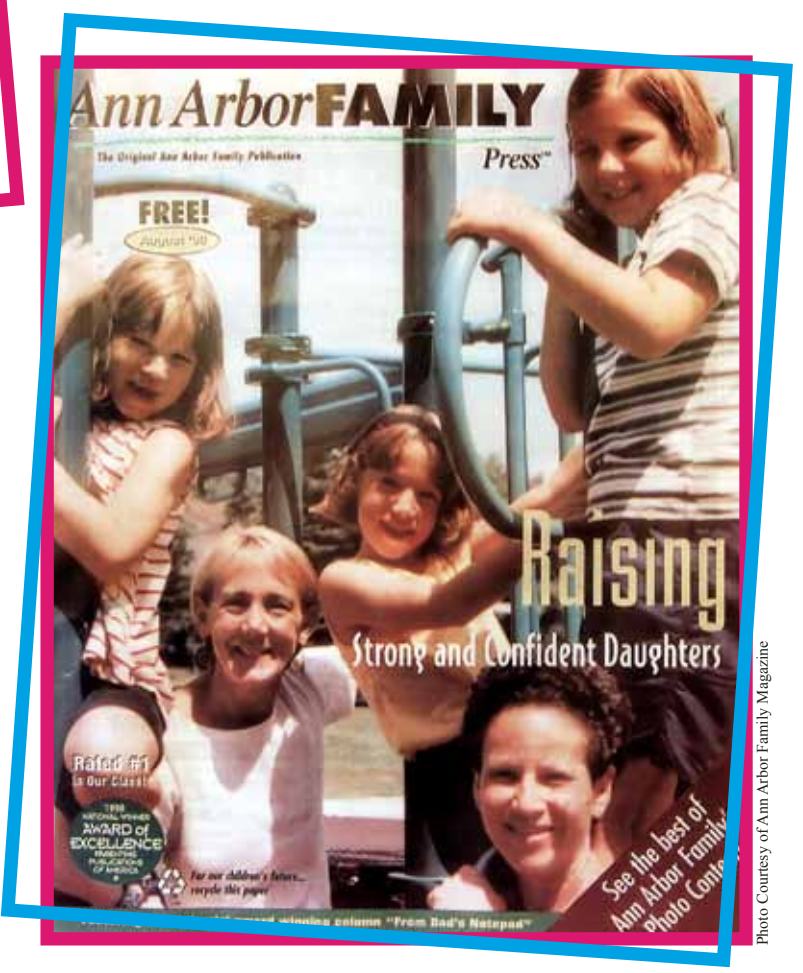

Photo Courtesy of Ann Arbor Family Magazine

Cover of the "Ann Arbor Family Press" magazine from August 1998 featuring "Raising Strong and Confident Daughters".

We've asked two of this region's leading authorities to talk about raising girls in the age of Twitter. Together, they started the organization, ***Raising Strong and Confident Daughters***, and they are part of a network of parents, educators, social workers and therapists working to inspire our kids to become self-aware. Forty years after the beginning of the women's movement and the gay rights movement, our culture continues to take three steps forward and two steps back.

self-aware, culture, magazines, television, internet, movies, dolls, fashion, peers, the schoolyard, pressures, issues

"I think that for many girls the early friendships they develop in elementary school are their first experience with being 'in love.' Girls are sharing secrets, exchanging clothes, buying each other gifts…Girls are learning about loyalty and connection. When these friendships run into trouble or maybe jealousies arise with other friends, girls can experience a broken heart. It is very important for parents to listen and validate how important her feelings are."

Photo by Rachael Waring

Photography by Rachael Waring and Amy Johnston

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Annah Wisotzkey

Photo by Amy Johnston

Mira Spaulding

Photo by Amy Johnston

Ilana Spaulding

"Our daughters who adored us, listened to us, sought our advice, told us about themselves and their friends, can suddenly become moody, want privacy, and stop sharing the content of their lives with us. We miss the girls they were."

The Crazy Wisdom Interview with Carole Lapidos

Interviewed by Bill Zirinsky

*(Carole Lapidos grew up in St. Paul, Minnesota, though she's now been in Ann Arbor for 29 years. She received her undergraduate degree from the University of Minnesota, and her MSW from the University of Michigan, with a specialization in community organizing. Carole started her career in the field of Gerontology, working for 13 years at the U of M Geriatric Center as a volunteer coordinator for their older adult outreach program. In 1997, she and Sally Wisotzkey founded the organization***, Raising Strong and Confident Daughters**. *Since that time, Carole has been presenting workshops on that theme, and also directing the after school program, It's Great to be a Girl, in collaboration with the U of M Office of Academic Multicultural Initiatives, Eastern Michigan University, Girl Scouts Heart of Michigan, and three local middle schools. She is married to Jeff Spaulding, a school psychologist with Jackson Public Schools. She has two daughters: Mira is a junior at MSU, and Ilana is a senior at Pioneer High School.)*

Bill Zirinsky: Carole, you mentioned to me that Mary Pipher's book, *Raising Ophelia,* had 'opened your eyes'at the time you first read it. Let's start with that. How old were your daughters at the time, and what impact did the book have on you?

Carole Lapidos: My daughters were eight and five when I read Pipher's book. I can honestly say that reading her book changed my life. Her accounts of what was happening to girls as they moved through early adolescence and beyond both frightened and frustrated me because I felt that not a lot had changed since I was a pre-teen. My being frightened had all to do with being on the other side of the table as a mother of two daughters. So what was Pipher saying? She talked about the girls she was seeing in her private practice and how they were struggling with 'dumbing down' - in other words, hiding their intelligence because it wasn't cool for girls to be smart. Many were overly focusing on their appearance and popularity, thinking those things are what is most important about being a girl.

I felt determined to be a part of a movement that supported girls in looking beyond these very negative and narrow definitions of girlhood. In looking around Washtenaw County, I did not see a program that was directly dealing with educating parents, teachers, and coaches on how to support girls in staying resilient. It was at this time, in the fall of 1997, that I partnered with Sally Wisotzkey, a local therapist and parent of a then nine-year-old daughter who attended my daughter's school. Sally and I immediately connected and felt that by starting with talking and sharing information with parents of young girls, that we could begin addressing the salient issues that were impacting girls' self-esteem. We founded *Raising Strong and Confident Daughters*, an organization whose mission was to work with children, their parents, and professionals within the community, to develop and implement innovative, prevention-oriented programs that would support girls in resisting the cultural stereotypes that limit their potential.

Bill Zirinsky: You said to me that "it takes a lot of resilience for girls to hold on to their true selves". Will you elaborate?

"In the 13 years that I have been doing this girl development work, I have seen the trend on the part of merchandisers and corporations attracting the attention of younger and younger girls with products, clothing, and make-up that blur the lines between children and teens."

Carole Lapidos: I feel strongly that at a very young age our daughters are faced with many pressures to be somebody they are not. In the 13 years that I have been doing this girl development work, I have seen the trend on the part of merchandisers and corporations attracting the attention of younger and younger girls with products, clothing, and make-up that blur the lines between children and teens. The Girl Scouts of the United States of America, through their research studies, coined the phrase, 'developmental compression.' The years of being a child are being condensed into a smaller and smaller space. So much so, that I had a mother at one of my workshops share with me that at her daughter's seven year old birthday party, more than half the girls when jumping into their pajamas to get ready for bed were wearing thong underpants!

Photo by Rachael Waring

Carole Lapidos

"If someone had asked me ten years ago to close my eyes and envision what my daughters would be like at seventeen and twenty, I would see them as they are now. I am a bit biased but I see their greatness!"

When I talk about resilience, I am talking about creating opportunities for girls to talk about the pressures they feel to grow up too fast and to have loving supportive adults assist in expanding the parameters of the 'girl box' that defines girls based on their looks, sexiness and popularity. The way to help develop a resilient young woman is to help her look critically at the culture's messages about what it means to be a girl and a woman and support her in being true to her interests, passions and values.

Zirinsky: How toxic is the culture to girls?

Lapidos: Very!!! Girls and the adults in their lives have to work hard to find positive role models for girls. When I talk with parents, I encourage them to become girl culture experts. Pay attention to the TV shows, movies, and magazines that target girls. Practically everything out there portrays girls in the most stereotypical way. Take a stroll through the toy aisles at any department store and you will still see the pink aisle with baby dolls, dress up dolls and Barbie. The boy's aisles will have action figures, trucks, and action oriented toys.

In addition to the stereotyped way in which girls are defined, we are now facing an increasingly dangerous sexualization of girls. An example of this is the Bratz doll. These dolls are dressed in very sexualized clothing. They wear miniskirts, fishnet stockings and tight skimpy shirts. As caring adults in the lives of girls we need to help them navigate this journey.

Zirinsky: I understand one of your daughters did a survey for a course she was taking, on 'girls and body image', not too long ago. What were her findings?

Lapidos: My daughter Ilana is a senior at Pioneer High School. As a project for her psychology class, she and another classmate conducted a survey of fifty girls between the ages of sixteen to eighteen. Some of the results they found were very disturbing. Seventy percent reported they would change their appearance if they could. Sixty-eight percent have tried to lose weight or been on a diet. Ninety-five percent constantly compare themselves to other girls. Sixty percent believe wearing tight clothes will make boys like them. Seventy-six per cent of girls felt pressured to look a certain way.

BZ: In raising your own daughters, you said: "I made it my personal goal that I wouldn't say something derogatory about my body to my kids". Were you able to keep to that, and what effect do you think it had on your daughters?

Lapidos: One of the most important pieces of information I gleaned from all the books I have read on this topic, was, don't talk negatively about how you look in front of your daughter. One of the most powerful examples I read was an anecdote from a mom who was sharing that she was with her eight year old daughter in a department store dressing room trying on jeans and the mom said out loud, 'I look so fat and ugly in these jeans!' Her daughter looked up at her and said, 'but mommy, everyone always says we look just like each other.' I really tried to hold onto keeping my own sometimes negative feelings about my body to myself. Did my husband hear it, oh yeah!

BZ: Please talk about the power of male approval, and male privilege, and how that relates to dads, as stewards and as representatives of malehood? And did/does your husband "buy in" to your viewpoint?

Lapidos: I think it is very important for fathers to understand that they play a very important role in helping shape their daughters view of themselves. Girls want their father's approval. Girls want time with their dads. When daughters are little, dads can begin to lay down the tracks that forge their relationship. If there is comfort and support there, daughters will turn to their fathers throughout their lifetime.

"Girls want their father's approval. Girls want time with their dads. When daughters are little, dads can begin to lay down the tracks that forge their relationship. If there is comfort and support there, daughters will turn to their fathers throughout their lifetime."

Photo by Amy Johnston

Carole Lapidos and her girls -- Ilana Spaulding (on the left) is 18. She is graduating from Pioneer this spring, and going to Wittenberg University in Ohio in the fall. Mira Spaulding will be turning 21 in June. She is a junior at MSU.

BZ: Let's talk some more about dads and daughters. You mentioned to me that you work a lot with college women and they can remember when their dads 'stepped away', and the way that gets interpreted by teenage girls as "what's wrong with me". Can you expand on that for us?

Lapidos: I think some dads have a more difficult time figuring out how to stay in relationship with their daughters once they move into puberty and start to become young women. The college women I work with expressed feeling rejected by their fathers when they started developing and menstruating. The young women thought something was wrong with them and didn't understand their fathers' changed behavior. On the other side, fathers have expressed to me that they too feel unsure about how to stay engaged when a big part of their interaction was wrestling and having her sit on their lap. I encourage dads and daughters to find new ways of being together. An example is Dad and daughter night out. The key issue is connection; how you connect can be determined by both dad and daughter.

BZ: Another facet of working with dads and their relationship to their daughters is fathers yearning for the opportunity to understand their daughters' feelings, and those of other young women. Tell us how you've been able to work with that disconnect?

Lapidos: I just conducted a workshop recently and one of the dads spoke up and said, 'I don't speak girl!' A lot of girls are verbal creatures. I encourage dads to engage girls in conversation. If as a dad you don't understand what your daughter is expressing, then ask for clarification. The important thing here is your willingness and interest in being with her.

BZ: Recently you were at a workshop led by author Courtney Macavinta, who does workshops with high school and college women. Can you tell our readers about the exercise in which one tries to envision one's daughter in ten years, and its broader meaning?

Lapidos: The exercise involves closing your eyes and seeing your daughter as she is right now. Visualizing her with friends in activities and paying attention to the feeling you get as you see her. The next step is to imagine her ten years from now. Again, noticing what she looks like, who she is with, and what she is doing. This exercise provides a window into your vision of what you want for your daughter. I think it is always valuable to have a picture of what your daughter might move toward in the future. It is important to always remember that who she becomes will be up to her.

Continued on page 32

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The Crazy Wisdom Interview with Carole Lapidos

Continued from page 31

BZ: You cited Nancy Snyderman's *Girls in the Mirror*, as an important book about girls coming of age. Please talk about her references to "the other people in the room" – the other women, the other stories, the other female role models.

Photo by Amy Johnston

"Whether she wears dresses or baseball jerseys, it is who she is and what she is passionate about that really matters. Being an ally to your child is the most important role you can play."

Lapidos: When our daughters are growing up with us as their parents, there are always other people in the room. The other people aren't really physically present; they are the influences of our parents, or grandparents, or stories or beliefs that we grew up with. Being cognizant of what these influences are can be really enlightening as we struggle and celebrate who are daughters are.

BZ: At this point in time, you are primarily doing parent workshops and running a mentoring program. Is that right?

Lapidos: I offer parent workshops throughout the state of Michigan and will be for the first time this year doing workshops in Canada. The *It's Great To Be A Girl* mentoring program that I run is an innovative and effective self-esteem building program. This past fall, my colleague, Kimberly Grover, and I conducted an *It's Great To Be A Girl* training for MSU students through their Residential College for the Arts and Humanities. MSU is exploring setting up this program in Lansing. As we work to develop the training manual, we hope to offer this mentoring model training throughout Michigan.

BZ: Please tell us about the *It's Great to be a Girl* mentoring program, and about the topics which are explored by the 11-year-old girls and their "femtors".

Lapidos: The program is a ten week afterschool program that provides the opportunity for sixth grade girls in the company of college women who we call femtors to explore and discuss the many topics that impact the daily lives of eleven year old girls. The topics include friendship, body image, teasing and harassment, advocacy, and dream building. The femtors complete a three-week training, learning how to guide discussion and activities on these topics. The femtors have this instant 'cool factor' and the girls love being with them and sharing what is happening in their lives. This year we had a femtor work with us who had been in the program as a sixth grader. She talked about how the things we discussed when she was in sixth grade stayed with her throughout high school.

BZ: Can you tell us about the *Get it Together for Girls* organization?

Lapidos: *Get it Together for Girls* is a network of individuals and organizations who offer programs, services and support to girls and young women, approximately ages 8-22, in Washtenaw County. We share information about what is being offered for girls and what support is needed. We will be working to identify community needs that are unmet and will work together to direct resources toward meeting those needs.

Get it Together for Girls meets three times a year. Each meeting has at its centerpiece an educational component. Recently, we had a very informative program titled, *A Multicultural Perspective on Body Image and Disordered Eating*. I worked with Sharon Gold-Steinberg of *Strong Moms Strong Girls*, a program of the U of M Center for the Child and Family. (The Junior League helps to provide the funding for *Strong Moms Strong Girls*.)

"Girls have deep connections with one another and they learn a lot about themselves through their friendships with other girls."

BZ: In the book, *The Secret Lives of Teen Girls*, the author, Evelyn Resh, writes about navigating through girl friendships. She writes about girl to girl cruelty, and the volatility and drama in girl friendships. Will you speak to that?

Carole Lapidos: I think a lot of media attention is paid to the topic of girl cruelty in friendships. We know girls can struggle in their friendships and that it can create a lot of drama but we don't pay enough attention to the ways in which girls do stick up for each other and support one another through very difficult situations. Girls have deep connections with one another and they learn a lot about themselves through their friendships with other girls. It is important to let girls know that there will be conflicts in their relationships but if both girls are willing to work it out it can strengthen the bond they already have.

BZ: You reminded me that we all have "so many scars from middle school", and also that it's important to "honor those struggles". Why do we need to honor those long forgotten and painful memories?

Lapidos: I think remembering the ways in which we were 'injured' in middle school can shed some light on what our children go through. Middlers are just trying to figure out who they are and who their friends are. At this age, kids are dealing with so much insecurity it is inevitable that somewhere along the

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line your child will be teased or hurt. Sometimes we as parents need to take a closer look to see if our child is the one doing the teasing.

BZ: In talking about the intense feelings that girls experience in their friendships and relationships, you noted that "they're really heartbroken". And that parents dismiss "the heart of their children's feelings". Say more, please.

Lapidos: I think that for many girls the early friendships they develop in elementary school are their first experience with being 'in love.' Girls are sharing secrets, exchanging clothes, buying each other gifts, etc. Girls are learning about loyalty and connection. When these friendships run into trouble or maybe jealousies arise with other friends, girls can experience a broken heart. It is very important for parents to listen and validate how important her feelings are. There will be a roller coaster of emotions happening with your daughter but be aware that you do not have to ride it with her, you can be a supportive bystander.

BZ: You were on the ***Today Show***, correct? I know they don't give anyone too many minutes to talk about anything in depth, but what was your subject matter, and what did you hope to get across?

Lapidos: I appeared on the ***Today Show*** in August of 2007. I was asked to talk about the topic of tomboys. The concern that parents had with having a daughter who was a tomboy was that she would be teased and she would be missing out on being a girl. What I shared was how important it is to embrace who your daughter is. Whether she wears dresses or baseball jerseys, it is who she is and what she is passionate about that really matters. Being an ally to your child is the most important role you can play.

BZ: In late January you attended a workshop on "the Lolita Effect". Please tell us about that.

Lapidos: The workshop presented the harmful effects of the rampant proliferation of sexualized images of girls and young women in advertising, merchandising, and the media. This kind of exposure can be harmful to both girls and boys. Girls can take away that what is valuable about them is how 'hot' they are and this can impact the development of a healthy sexual self-image. Boys learn to see girls and women as sexual objects. Parents can play an active role in limiting some of the exposure their young teens have to this media. Dialoging with older teens about these issues can provide an opportunity to express your values on sexuality and relationship issues.

BZ: How do you think your involvement with these issues has affected your daughters?

Lapidos: I think my involvement in these issues has had a significant impact on my daughters' lives. They both have volunteered for girls conferences and led discussions on body image and friendship and dream building. My oldest daughter has been involved for over two years with Michigan State's sexual assault prevention program, and my younger daughter is a member of Young Women for Change, a fundraising program that supports girl programming in Washtenaw County. They see the impact that our culture has on girls' self-esteem but I do believe they have developed a 'struggle muscle' as it relates to these issues that seems to fortify them in significant ways. If someone had asked me ten years ago to close my eyes and envision what my daughters would be like at seventeen and twenty, I would see them as they are now. I am a bit biased but I see their greatness!

BZ: How do you think your husband has been affected by your deep involvement in these issues, and your expertise?

Lapidos: Jeff says that by being exposed to these issues through me it has helped him understand some of the issues girls face and how they are affected by the father's attitudes towards body image and the idea of 'beauty'.

BZ: Thank you, Carole.

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Carole Lapidos and Sally Wisotzkey will be presenting an evening on Parenting Teens on Monday, May 17th, 7-8:30 pm, at Crazy Wisdom. They'll answer questions and facilitate a discussion about how parents can navigate the difficult adolescent years with their teens. For more information, see the listing in the Parenting section of the Calendar, on page 80.

The Crazy Wisdom Interview with Sally Wisotzkey

Interviewed by Bill Zirinsky

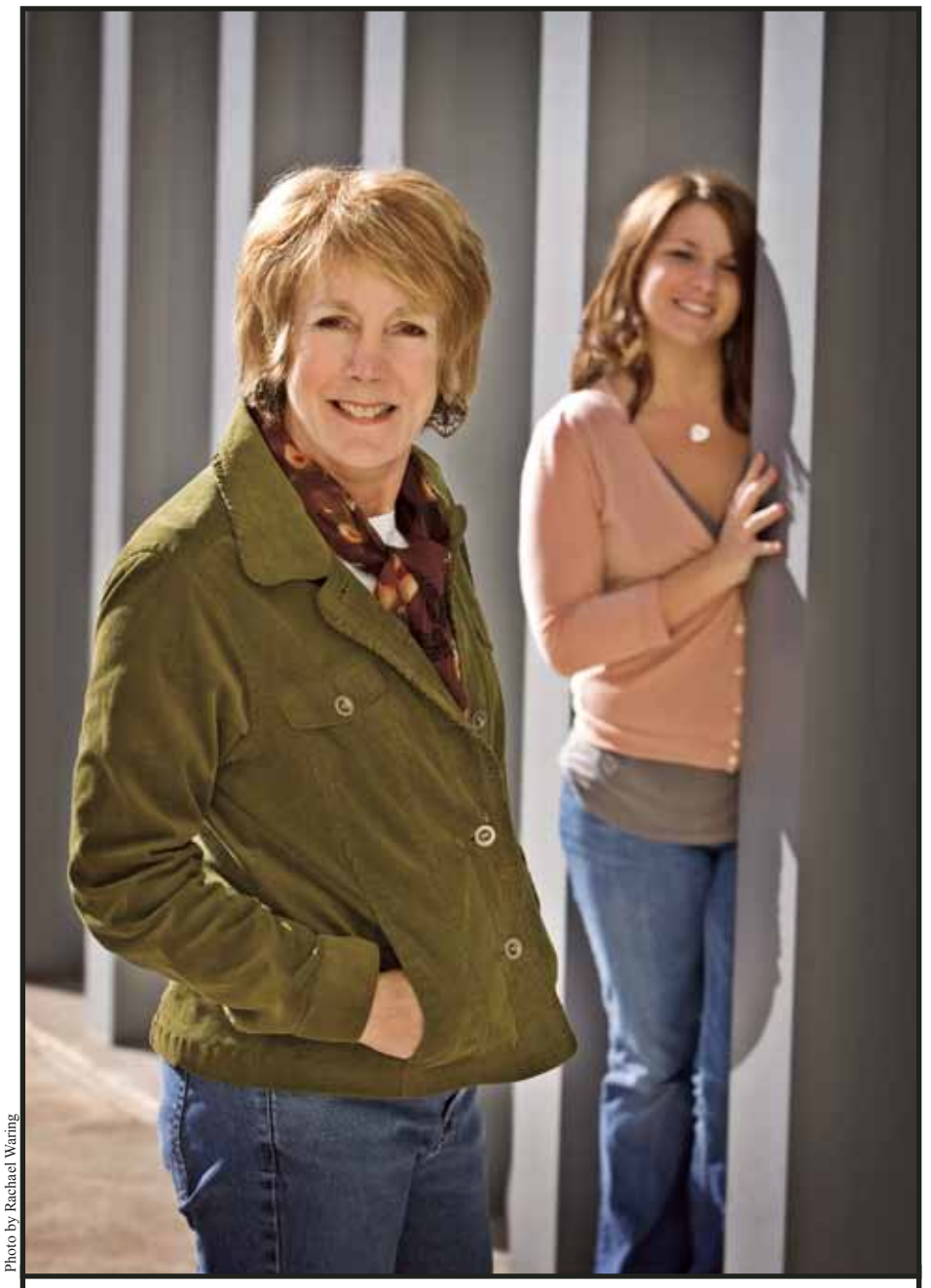

Photo by Rachael Waring

Sally Wisotzkey

"We, too, like our daughters, are still works in progress and we bring our own strengths and frustrations to our roles as mothers. Thank goodness we're not perfect!"

(Sally Wisotzkey has lived in Ann Arbor for a quarter century, and been a practicing psychotherapist in the area for 23 of those years. She specializes in the issues of teens, especially girls, young adults and women, parenting and families, self esteem, grief and loss. She also treats trauma and family of origin issues. Sally was trained in Person of the Therapist work with Harry Aponte, and she is an EMDR therapist. Also, she's been working with issues of spirituality in psychotherapy for many years. In 1997, she and Carole Lapidos co-founded **Raising Strong and Confident Daughters.**

Sally grew up in York, Pennsylvania. She received her undergraduate degree from University of Pittsburgh in 1974, and her MSW from U-M in 1977. She has two children, Annah, 21, and Jake, 19. They are from her first marriage with Jon Wisotzkey, who died of cancer in 1992. She was remarried in 2002, to Steve Wyzgoski, and has two step sons, Cal, 25, and Sam, 21.)

Bill Zirinsky: Sally, the book, *Reviving Ophelia,* had a strong impact on you and Carole Lapidos, at a time when your daughter was in second grade at Abbott. Why?

Sally Wisotzkey: In *Reviving Ophelia*, Mary Pipher spoke to me as a mother and a woman. She made a strong case for the risk girls in our culture are at, of losing their unique and special selves in the face of a culture that objectifies girls and women. My reaction was FEAR that my daughter, who was 8 at the time, would be harmed. What parent isn't afraid that the unhealthy aspects of a current culture, (be it objectification of girls, pressure to grow up too fast, pressure to achieve rather than learning to be, substance abuse, etc) will take their children

Continued on page 34

The Crazy Wisdom Interview with Sally Wisotzkey

Continued from page 33

in a harmful direction? I recall my reaction also being, "I don't want to just sit by and watch this happen…what can I do"? We decided to form a small business which we called '*Raising Strong and Confident Daughters'*.

Bill Zirinsky: Please tell us about what evolved out of your joint interest in that book?

Sally Wisotzkey: The first thing Carole and I decided to do as *Raising Strong and Confident Daughters* was to educate ourselves and develop an educational/prevention program for parents. We piloted this at Abbot Elementary School with the support of other parents and the PTO. The parents attending found it very helpful, and we began offering the workshop in the local community as well as other locations in Michigan. From these workshops evolved monthly ongoing parent support groups for mothers, which I facilitated in my private practice office. One of these groups is still meeting after 12 years of raising our daughters and sons together, and a new group has just formed!

Photo by Amy Johnston

Sally and Annah -- Annah, 21, is a senior at Western Michigan University. She is majoring in psychology.

"I often find myself in the position of interpreting parents behaviors to their teens and teen behavior to parents' in a way that keeps goodwill flowing!"

In addition to the workshops and support groups for parents, it made sense to offer something for girls themselves. We wrote a curriculum for middle school girls called "It's Great to be a Girl", developed a training program for college "femtors", and in collaboration with Wild Swan Theater, UM, and Forsythe Middle School, we received a grant from Ann Arbor Community Foundation to pilot the program. The following year, the Michigan Women's Foundation funded moving the program to West Middle School in Ypsilanti. After collaborating with and financial support from the Huron Valley Girl Scouts, the program expanded to include East Middle School.

Today, ten years later, "It's Great to be a Girl" holds weekly groups at both middle schools in Ypsilanti as well as in Willow Run. We have collaborations with Eastern Michigan University and University of Michigan in recruiting and training femtors. The program has strong financial support and commitment from U of M's Office of Academic Affairs, Multi Cultural Initiative. The collaborative nature of the program has been central to its success.

The ongoing vitality of the program is a testament to Carole's amazing perseverance, and the program's effectiveness at providing girls the opportunity to come together and experience the validation of their self worth!

The Girl Scouts Heart of Michigan has also provided many years of support for the development and provision of day long self esteem/friendship workshops for girls in grades 3 through 8.

As you can see, we have been on an exciting and gratifying journey!

Zirinsky: Can you tell concisely tell us about the arc of your professional career? You started in private practice in 1986?

Wisotzkey: After receiving my MSW in 1977, I worked for 9 years for Plymouth Canton Community Schools. While there, I had the good fortune to work with and learn from many talented and creative individuals committed to meeting the needs of struggling teenagers. I worked there in the capacity of both a school social worker and as part of a community collaboration in developing alternative educational opportunities for teens. As a professional, I became more aware of the specific problems teen girls have with self esteem and self image, and was a part of developing support groups for girls. My time there laid the foundation for my interest in and ability to work with teens and their families, and to create programs that are engaging and fun for them.

From there I started a private practice as a therapist specializing in working with the issues of young people and their families. My children were born in 1988 and 1991, and I began to learn about children from a new perspective, that of parent. Now I had to try to use the advice I had been giving for many years!

The opportunity to weave together my interest in working with teen girls, my previous experience with developing school based programs, and my own parenting came together when I had the good fortune of meeting Carole. Working with and learning from Carole as we founded and grew *Raising Strong and Confident Daughters* has been a true blessing for me. I couldn't have a more delightful and loving human being as a friend and business partner! These days, I have focused back on my work as a therapist, while Carole has continued to create and evolve the programs.

Zirinsky: And so your professional background, and your being a mother with a daughter to raise, came together --- with respect to developing a specialized expertise in mother and daughter relationships?

Wisotzkey: I think my expertise in the specific issues of girls, teens, and parenting has evolved over the years as a combination of my own life experiences and professional opportunities. Parents, both mothers and fathers, have such a profound impact on boy's and girl's sense of themselves and their self identity as young men and women. For example, it is every bit as challenging and important as a mother to raise our sons with a healthy sense of self, as it is for us to raise our daughters in a healthy way.

In addition, being a single parent for 10 years raised my awareness of the unique challenges single and divorced parents face, and their exceptional need for support from other parents within the community. I could not have raised my children without reaching out for and receiving support from neighbors, friends, schools, community organizations, churches, etc.

I notice as my own children get older, I have been working with more clients their age. Again I feel fortunate that my work life and personal life experiences have fit together so nicely.

BZ: When you work with teenagers, do you also generally work with their parents? And when parents come in for sessions, do the dads generally show up, too?

Wisotzkey: It is always helpful as a therapist to see teens as part of a family system and to keep parents in the loop. However, since much of the work of the teen years, and many of their difficulties, are around developing their own identity and competence at being independent, they often want their therapy to be their own. It is always fun to find that balance, and most parents understand this. I often find myself in the position of interpreting parents' behaviors to their teens and teen behavior to parents in a way that keeps good will flowing!

It is my experience that many contemporary fathers may have grown up emotionally disconnected from their fathers, but they want to have a closer bond with their own children. They realize the value to themselves and their children of building a strong bond, and they are willing to ask for help with the communication skills necessary to have this bond. So yes, dads show up and it is rewarding work.

BZ: When you have done workshops for parenting teenagers, or workshops on raising strong and confident daughters, what percentage of the parents who come to these workshops are men? Please tell us about drawing dads in.

Wisotzkey: Well it is true that probably about 80% of parents showing up for workshops are mothers. Women just seem to be more interested in talking and sharing with each other about parenting. Carole has offered workshops specifically for dads. Also, we make a point in our workshops of providing specific ideas for fathers to help them stay connected to their daughters as they go from being little girls to young women.

BZ: More generally, tell us about what has been most meaningful to you about those workshops, over the years, on *Raising Strong and Confident Daughters.*

Wisotzkey: It is, without a doubt, being blessed and comforted by the sense of support and encouragement that is given and received when parents come together in the desire to be the best parents they can be to their sons and daughters. Many parents in past generations had the involvement of their own parents, aunts and uncles, and other relatives, in child raising. Today, with extended families being so dispersed, we need strong connections within our communities to find that needed support. Everyone who is a parent shares in the common humanity of the challenges of parenting and worries about our kids. It reminds me of a joke I heard recently: *Two women were meeting in a park for a visit with each other. They sat on the park bench and one said to the other, "so how are you doing?" and the other woman responded with a deep sigh, "oh my". Then she asked her friend back, " and so how are you doing?", and her friend also responded with a deep sigh "oh my". And then she said, "OK, that's enough about the kids!"*

Photo by Amy Johnston

"Girls are confused by the message that they can be whatever they want to be, but while they're being, they need to be sexy."

BZ: In the book, *Girl in the Mirror – Mothers and Daughters in the Years of Adolescence*, Nancy Snyderman writes, "For many of us, switching gears as mothers is as difficult as the transition out of childhood is for our daughters". Can you talk about that?

Wisotzkey: Many mothers experience a daughter's often sudden and unanticipated change in attitude towards them as a loss… And it is. Our daughters who adored us, listened to us, sought our advice, told us about themselves and their friends can suddenly become moody, want privacy, and stop sharing the content of their lives with us. We miss the girls they were. It takes some time, and a step back, to notice it is just our daughters doing what they are supposed to do…beginning to form their own identities. It can be awkward for both mothers and their daughters. Mothers learn to listen in different ways, and learn to give their daughters the space they need to grow. Daughters learn they don't have to slam the door so hard, and find their way back to a changing relationship with their mothers. It's a process, as is all of parenting.

BZ: Separate, but possibly related, Snyderman writes, "Two important landmarks in female life – menarche and perimenopause/ menopause, events that in previous generations were separated in time, will, in daughter and mother, likely overlap." She wrote that she and her co-author, Peg Streep, found that "hugely important – if rarely mentioned". To paraphrase a question raised in that book, can you talk about how the changes in daughters during adolescence affect a mother's sense of self, and conversely, how a girl's experience of adolescence is affected by where, in life, her mother finds herself?

Wisotzkey: It would make sense that the life stage a mother is in will affect her experience of her daughter's adolescence, and vice versa, and I believe the experience would be unique to each mother and daughter. For example, a self confident woman in her 50's, with a young teen of 13, may experience her daughter's budding sexuality with a sense of excitement and celebration, bringing her own wisdom and sense of self to help her daughter as she grows. Another woman in the same stage of life, who has not done her own work, may feel threatened and intimidated by her daughter's youth, and the typical

Continued on page 36

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Kate Rogers

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The Crazy Wisdom Interview with Sally Wisotzkey

Continued from page 35

criticism of the mom by her daughter. A woman who takes good care of herself and challenges herself to work through her own self esteem issues, will always be better equipped to parent in any life stage of her own or her daughter's.

However, we know that even the healthiest of mothers and fathers will find they alone don't affect a girl's view of herself during her adolescence. More than ever before, the sheer amount of information that comes from constant media exposure rivals a parent's influence.

BZ: Cultural change happens slowly. Much has changed, and much has stayed the same, in the area of sex roles, and also in the broader area of female adolescence, since the early 1970's, when you and I began college. In Snyderman's book, it says, "We do not generally appreciate the way in which the stresses our daughters face are markedly different from our own adolescence." What are your thoughts about this, as a workshop leader and a therapist and also as a mother?

Wisotzkey: In my opinion, the convergence of excessive media consumption and the sexualization of younger and younger girls has created a dangerous culture for our daughters. Rather than learning about healthy sexual identities from their parents and peers, girls are learning from the media that they are only valued for their "hotness", i.e. their bodies. Young people are bombarded with this message on TV, on the Internet, in magazines, song lyrics, video games, billboards, clothing stores. Girls are confused by the message that they can be whatever they want to be, but while they're being, they need to be sexy.

And in communities like ours, girls are also under pressure to be good at sports, do volunteer work, get the best grades, play an instrument, have lots of friends, get into a great college, etc. Girls experience this as a feeling of never being enough. It shows up in my office in the forms of low self-esteem, anxiety, depression, eating disorders, and substance abuse.

Of course, boys are also victims of the sexualization of girls. They, too, feel pressure to compete for the "hot" girls, and "hook up" before they are emotionally ready. What girls and boys both really desire are friendships and relationships with each other where they can have someone to talk with, feel special and cared about, and safe just being themselves!

BZ: You said to me that many moms and dads do not explicitly educate their children about the culture. You also noted that many parents don't even think to do the cultural deconstruction when their daughters are 10. They wait to start until they're 14, and then it's too late? Can you expand on that?

Wisotzkey: Parents have many opportunities when kids are young to point out and talk about how girls are portrayed, and sexual stereotypes in the media in general. For example, many fairy tales have the beautiful princess being saved by the handsome prince…Parents can begin pointing out how silly that is to 3 and 4 year old girls. When it comes to choosing dolls, parents can have fun with girls by comparing the bodies of Barbies with real girls. As our kids age, we can have conversations on daily bases that teach kids to look critically at the media. The earlier a parent engages their children in this way, the more likely the messages will stick. I found my own children were much more open to my rantings before they were teens! There are literally hundreds of media literacy organizations on line that provide tips for parents on how to give their kids the knowledge they need to be their own media critics. Just recently I viewed the website sosexysosoon.com taken from the new book by Diane Levin and Jean Kilbourne. It had extensive ideas for parents…check it out.

BZ: We live in a highly educated town, a town full of professional women. How come our girls are still so powerfully influenced by the cultural stereotypes? How do we protect our girls from the culture, and also to engage in the culture?

Wisotzkey: We protect our girls from the culture by giving them knowledge about the culture… creating in them an awareness, an observing point of view, as opposed to being a blank slate… giving them the knowledge necessary to resist the stereotypes.

But while we are educated and tuned into these issues, we are also women who grew up in homes with mothers and fathers in traditional roles, parents who were just beginning to see the possibilities. We were also raised in times when women were objectified. We still struggle to figure out our own self esteem and body image issues. We are trying to work out gender roles with our spouses. We want to be sexy without being sex objects. We still comment on how "cute" little girls are and pay more attention to what our girls wear than what our boys wear. We're trying to understand the meaning of our own "inner beauty" and focus less on our outer beauty. We are struggling with divorce and financial difficulties and working full time. We too are trying to figure out what good enough is. We too, like our daughters, are still works in progress and we bring our own strengths and frustrations to our roles as mothers. Thank goodness we're not perfect!

BZ: You mentioned to me that parents often ask you to help them navigate issues related to cell phone usage, texting, social networking, television, movies, and so on. Please tell us about that, and give us some anecdotes.

Wisotzkey: I read some months ago (see NYTimes.com, *Room for Debate, Wired Kids, Negligent Parents*? Jan. 28) that a recent Kaiser Foundation study found that kids in the U.S. between the ages of 8 and 18 *spend MORE THAN 7 ½ HOURS A DAY* on average using electronic devices, often connected to more than one at a time. That is more time than kids spend in school…way more. In addition to TV time, most is spent socializing on cell phones and computers, especially for girls. Boys are playing video games.

Local Resources for Raising Daughters

1. **Get It Together for Girls**: A network of individuals and organizations who offer programs, services and support to girls and young women, approximately ages 8-22, in Washtenaw County.
Contact: Carole Lapidos at Carolelap@aol.com or Sharon Gold-Steinberg at sharongs@umich.edu

2. **Strong Moms Strong Girls**, a program of the University Center for the Child and the Family and the Junior League of Ann Arbor. SMSG offers training on how to empower girls and young women to decrease Relational Aggression. Web address: strongmomsstronggirls.org. Phone: (734) 764-9466

3. **Raising Strong and Confident Daughters**: An organization that works with children, their parents and professionals to develop and implement prevention-oriented solutions that will support children in resisting the cultural stereotypes that limit their potential.
RSCD offers workshops for parents, girls and professionals.
Carole Lapidos: (734) 668-7402; Sally Wisotzkey (734) 747-9191.
www.confidentdaughters.com; Carolelap@aol.com; Salwiz@comcast.net

4. **It's Great to be a Girl** is a unique mentoring program that matches undergraduate women with middle school girls. The mentors and the girls talk about and strategize around issues that affect their self-esteem. This program is a partnership between Girl Scouts Heart of Michigan, University of Michigan Office of Academic Multicultural Initiatives and Eastern Michigan University. Contact: Carole Lapidos at Carolelap@aol.com

5. **Girl Scouts Heart of Michigan** offers Mother/Daughter Puberty Programs in partnership with Raising Strong and Confident Daughters. Contact: Girl Scouts Heart of Michigan at (734) 971-8800.

6. **Girls on the Run-Southeastern Michigan**. A self-esteem program combining an innovative curriculum with running. Contact: Danielle Johnson at (517) 294-2197.

7. **Young Women for Change**: An innovative philanthropy program for high school girls across the state of Michigan. Email: contact@miwf.org or jennilane4@gmail.com

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Step into Who You Really Are

Parents of today are challenged to find ways to support their kids' necessary use of electronics and media, while setting age appropriate limits, often very difficult to monitor. Parents often come in to my office with reports of their kids having thousands of text messages every week, at all hours of the day and night. Our community, like others everywhere, is dealing with the phenomenon of 'sexting', with kids themselves being charged with child pornography…how ironic. And then there is the issue of Internet safety for young people. Parents are trying to teach their children that electronics are there for us to use, rather than them using us.

Fortunately, parents can use that same access to information to find help in how to manage their kids' electronic usage. Web sites such as Common Sense Media, Keep Kids Healthy, and Get Net Wise are available.

BZ: Please talk about the kinds of issues you have to navigate with teenage girls, and their parents, related to clothes. And give us some anecdotes, if possible.

Wisotzkey: Well as you can imagine, this is often a battle ground between girls and their parents, and has been through the ages. In general, parents can support girls in developing their own "style", as an expression of their unique selves. For example, I have a teenage client who wears scarves well, and it is her own look. The popular style for teen girls is highly sexualized, with as much cleavage as one can get out the door with! Girls see clothing through the lens of style, fitting in and being included. Parents want this for their daughters, but their lens is also about safety and self esteem. Girls are struggling themselves to fit the "ideal" body type. Parents need to be sensitive to their daughter's need to fit in, while pointing out and speaking up about why they find some clothing objectionable. When my daughter was a teen, we battled about 'short shorts'. I recall there were times when she was a young teen that I said no. There were times I said, "not with my money but do what you want with your own money". But I find the best way to handle this issue is to compliment your daughter when you feel she is wearing clothes that look good on her, and say nothing when she chooses to wear clothes you're not too fond of.

BZ: You noted to me that "I wasn't expected to be as sexual as girls are expected to be now". And you also said that you weren't expected to have as much sexual power as girls are now expected to have. Can you elaborate on that?

Wisotzkey: In the current culture, girls who are adept and sophisticated with their outward sexual appearance and behavior are rewarded with power within their social groups. They have the power of popularity, the power to get boyfriends. This is particularly true with younger teens. Unfortunately for these young women, the culture is backing them into a corner. They often lack the building blocks of true self-confidence, which are based on one's own abilities and accomplishments, one's own sense of self, which comes from within, rather than from the attention of others. I grew up in the 60's. Because the predominant culture and media at the time was not as sexualized, girls were not expected to gain social status from outward sexual look or behavior.

BZ: You have led parent support groups for about 12 years, yes? Please tell us about them. Tell us about the kinds of support that is engendered, and about what has been most memorable about those support groups.

Wisotzkey: Yes, the longest running support group for moms has been meeting monthly on Friday mornings for 12 years. We have come together to offer each other advice and support. We have come to know each other's stories intimately, we have been able to laugh at ourselves, cry, and laugh some more. We appreciate the differences among our children and our parenting styles, we have celebrated the passages of our lives and our kids lives, and we are just there for each other, nonjudgmental, encouraging each other to accept our kids for who they are. For me, it has been an honor to facilitate these groups.

As I said earlier, a new support group just formed last year, and we are building the safety every parent needs to talk about their parenting experiences. It's exciting! It would be wonderful if all parents had the opportunity to be a part of a support group as they face the challenges of parenting.

BZ: How do you think your daughter has been affected by her mother's involvement in these issues, and your awareness of the nuances of these issues?

Wisotzkey: My daughter, who is now 21, has a great deal of self confidence and feels so very comfortable in her own skin. She used to get so annoyed with me for reminding her about how pictures of models are not real (I know Mom), giving her books upon books to read about strong girls, friendship issues, healthy bodies (I'm not going to read these Mom), telling her to "just be yourself"(I am Mom), and on and on. I don't really know if and how the messages got through, but I sure do like the person she has become!

BZ: How do you think your son has been affected by your involvement in these issues, and your awareness of the nuances of these issues?

Wisotzkey: My son just turned 19 years old. These issues are the last thing on his mind right now! However, he did spend a few minutes thinking about this question. He said he is much more aware of the issues of girls and how they are stereotyped than he would have been without my talking about it all the time. He said the most important effect my work in this area has had on him is that when he is a father, he wants to raise a girl who is strong and confident. I have no doubt he will!

BZ: How do you think your husband has been affected by your deep involvement in these issues, and your expertise?

Wisotzkey: Steve came into my life in 1999, when I was working long hours in developing and finding funding for all of the programs for girls, doing workshops and running girls' groups, seeing clients, and being a mom. He should have run the other way! Instead, he jumped in and has been supportive and encouraging all the way through, as a husband and also as a co-parent. Given that we both were raised in families with traditional male/female roles, we have had to work at finding our way into marital, parenting, and step-parenting roles that are a workable expression of what we learned then with who we want to be today.

BZ: Thank you, Sally.

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Resources ---
Books and Magazines for Girls and their Parents

We've created a special window display of "strong and confident girl titles" at Crazy Wisdom Bookstore, in conjunction with this article, and many of the titles noted below are available at the store.

<u>Elementary School Girl Resources</u>
New Moon magazine
American Girl Library Series: *The Feelings Book*; *The Care and Keeping of Your Emotions;* Friends*: Making Them and Keeping Them.*
Girls to the Rescue by Bruce Lansky

<u>Middle School Girl Resources</u>
New Moon magazine
American Girl Library: *Help, An Absolutely Indispensable Guide to Life for Girls; A Smart Girl's Guide to Friendship Troubles*; *A Smart Girl's Guide to Boys*.
Girl's Life: Guide to Growing Up by Bokram and Sinex
But I'm Almost 13 by Ginsberg and Jablow
Chicken Soup for the Preteen Soul: 101 Stories of Changes, Choices, and Growing Up for Kids Ages 9-13 by Canfield, Hansen & Dunlap

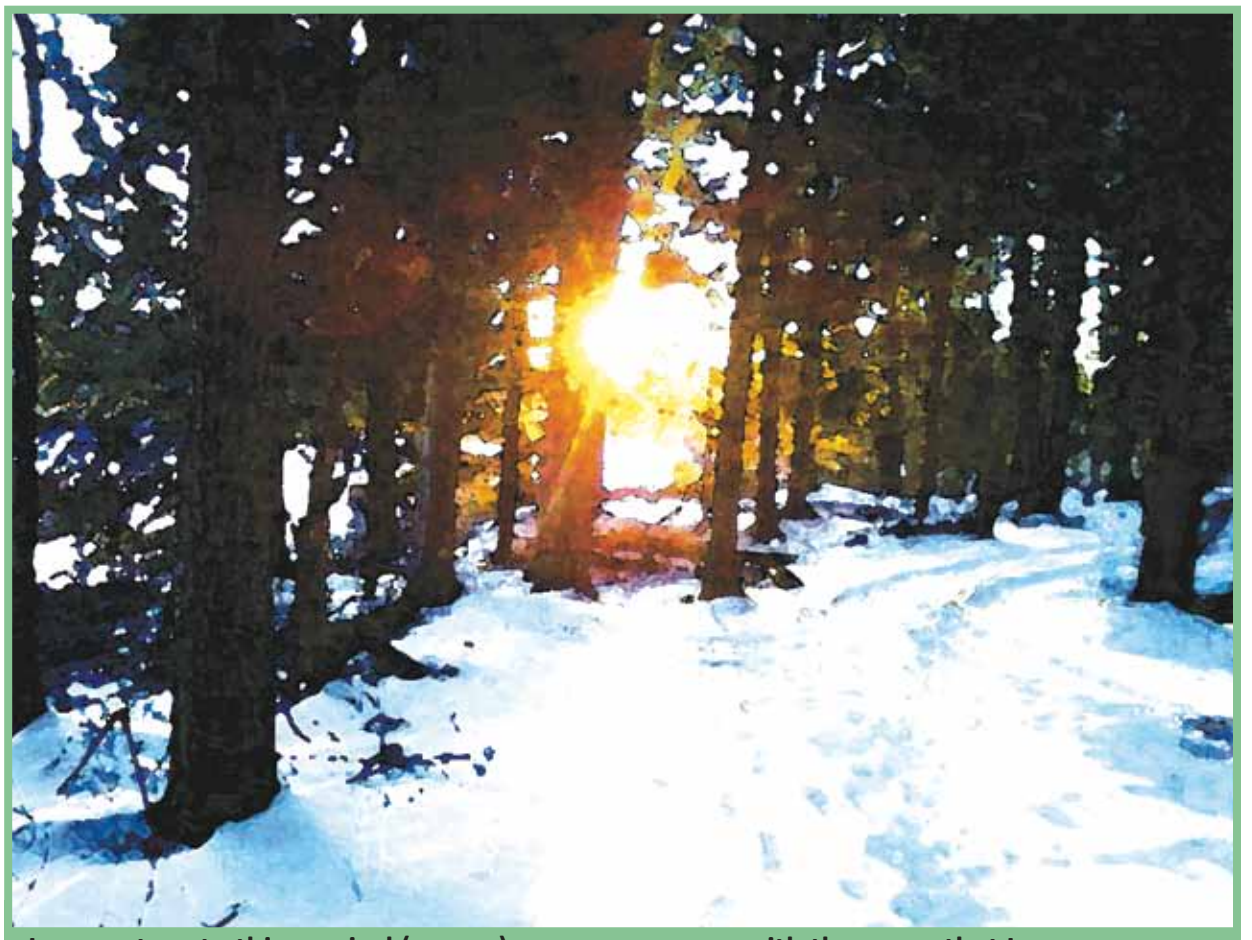
<u>Teen Resources</u>
Deal With It by Drill, McDonald and Odes
Girltalk: All the Stuff Your Sister Never Told You by Carol Weston
Body Drama: Real Girls, Real Bodies, Real Issues, Real Answers by Nancy Redd
Respect: *A Girl's Guide to Getting Respect and Dealing When Your Line is Crossed* by Macavinta and Pluym

<u>Teen Resources (more spiritual in nature)</u>
Wide Awake: A Buddhist Guide for Teens by Winston
The Goddess in Every Girl: Develop Your Teen Feminine Power by Abadie
Girls Speak Out: Finding Your True Self by Johnston
Be Who You Want To Be: Dealing with Life's Ups and Downs by Casey

<u>For Parents</u>
Reviving Ophelia: Saving the Selves of Adolescent Girls by Mary Pipher
Girl in the Mirror: Mothers and Daughters in the Years of Adolescence by Nancy Snyderman
From Magical Child to Magical Teen by Pearce
The Secret Lives of Teen Girls: What Your Mother Wouldn't Talk About but Your Daughter Needs to Know by Evelyn Resh
Girls Will Be Girls: Raising Confident and Courageous Daughters by Deak and Barker

Swaying in the Sangha of Trees

By Leonard Bass



I now return to this magical (spruce) grove every year with the sense that I am a temporary visitor in what, essentially, is their sacred "sangha"—or spiritual community, as it is referred to in Buddhist circles. They are the resident monks of this timeless arboreal shrine, and though I am a welcomed guest here, I am, from their humble perspective, nothing more than a "rootless wonder": ambulatory, headstrong, and in search of something they cannot grasp.

This morning, I spoke to five thousand spruce trees. I am not crazy; I just needed to tell them something. I did not go up to each one, personally, though I may decide to do this as well while I'm here.

Here's what I said to them:

"I'm trying to wake up. Thank you for your patience."

This isn't the first time I've talked to the spruce trees in this quiet wetland grove. I've been coming here for years—almost every winter since I started courting my wife, some 19 years ago. Her family originates from the small towns nearby in what is affectionately called "The Southern Tier" of New York State, due south of Buffalo. In the late 1940's, her grandfather had the great foresight to purchase a remote, 68 acre parcel of land bordering a wetland pond and nestled in the shadows of the rippling Allegheny Mountains. He, with the help of my in-laws as dating teenagers, then planted the five thousand spruce trees— just saplings back then—given to them by the Conservation Department as part of its forestation project.

Needless to say, the trees have matured. They now stand tall and proud, and blanketed, on this day, in a majestic shawl of freshly fallen, wooly white snow. After her grandfather passed, my wife's family continued the wisdom that brought them this land by constructing, by hand, a small, rustic A-framed cabin in the heart of the property. They set it back in the spruce grove, adjacent to the wetland pond and oriented it towards those gently crested mountains. One of their goals while building the cabin was to knock down *not one* single spruce tree in the construction process. So, even today, there are no roads in here; one must simply know from experience which spruce trees to carefully weave one's vehicle between to get back to the cabin.

The first time I started talking to the spruce trees, I'll admit, I probably did have "one too many". My wife and I take turns—one week each—coming here in the throes of winter for personal retreat and blessed solitude. We're both raving introverts, and as such, our idea of a good vacation includes the notion of a hefty break from one another other as well. As a Zen Buddhist for the past 23 years, I always look forward to my week of solitude as an opportunity for a lay-practitioner to try on the textured and austere life of a Zen monk, attempting to live in a seamless stream of mindfulness and quietude.

In the mornings, I'm up by 4 am doing prostrations before the statue of a Buddha. By day, I sit for hours on my mat and cushion, interspersing these sittings with short periods of walking meditation, sometimes out amongst the spruces. At night, I read accounts of old Zen monks from the mountain monasteries of Korea and Tibet and Japan, some of whom were *crazy* as all get-out, living for years in caves or as raving lunatics in the tufts of trees! Some of them were even known to indulge, from time to time, in a flask or two of monastery-distilled whiskey or gin. Zen is like this, I've come to understand. It's rugged and simple and full of inconsistencies unknowable to the ordinary mind.

In the year of my tree-talking experience, my in-laws, at the behest of my wife, had installed a twenty-seven jet hot tub out on the wood deck (so much for the "austerity" aspect!). The hot tub sits underneath a couple of very tall, very stoic spruce trees. At night, in the dead of winter, one can sit comfortably in the tub underneath a breath-taking view of the shimmering stars while basking in the glow of the moon's soft luminosity. At times, one can even hear the furtive howl of a lonely band of coyotes off in the distance. It was on such a night, with a flask of Sambuca by my side, when I first heard the spruce tree "talk".

Now, to be clear, it wasn't like the tree *really* talked. I may have been slightly inebriated, but I wasn't delusional. It was more like I was just sort of channeling, out loud, what it was saying.

Here were the first words it spoke to me:

"We are trees."

(This, it turns out, is *always* how they start off their conversations. It's a bit like, "Yo, wassup?" as I've come to understand it…)

So…what can I say? We talked, a good long while, it and I. It told me things I never knew about trees. I told it things it never knew about humans. It talked a lot about rootedness, and the problems this presented to trees everywhere. I told it all about mobility, and the problems that this, too, presented—to humans. The most fascinating thing was, each of us perceived the other one's greatest strength to be exactly the elixir to its own species' troubles.

"When the storms come," it told me, "we have no choice. We have to face whatever it is. Some of us make it, but the old and the diseased ones… sometimes they don't. You…you don't have this problem. When the storms come, you get in your mobility carts and steal away."

"Yes," I said back, "but look at it this way. If you had one of those mobility carts and could simply run away all the time, you'd never have to face anything tough in life. You think that's a blessing, but actually, it is not. The problem with humankind *is,* in fact, its mobility. We think it is always better somewhere else. So, we go ahead tearing up the planet in search of this better place, and we do it over and over again. If we were simply rooted in the earth, like you, we couldn't possibly be ruining the planet the way we are."

We went on talking like this a while. And why not? One of the great gifts of a solitary retreat in a remote and desolate outpost is the ability one has to take "certain liberties" with the otherwise agreed-upon parameters of sanity and social graces. In our haste to "get along" with one another by adhering to the fixed terms of our conventions, how quickly we forego the magical, the mysterious, the infinite realms of substratum that lay just outside of those convention walls.

So, while some might call my tree-talking experience something akin to utter "lunacy," and others might dismiss it as simply the "Sambuca talking," the question I would ask is, ultimately, does it matter by which means we come to discover our unshakable interconnectedness to all life? The transformative aspect of such experiences indelibly saturates the soul. We cannot help but bring the fruits of such experiences home with us, long after our time of solitude has ended. From this standpoint, I would argue that those who would talk with trees would find it impossible, from that day forward, to shear them off at the knees for profit and greed.

"So, my brethren and I were wondering," it asked me further into our conversation, "what is it that you do here, anyway?"

"Well, to be perfectly honest," I said, trying to think like a tree, "I guess I come here to try to grow my roots."

"Grow your roots?" it chortled. "You have no roots!"

"Well, no, not like yours," I said back. "What I mean is, I'm just trying to learn to be still—like the way you are—rather than constantly running from thing to thing, the way humans do."

"Be still…and grow your roots?" it blurted back, obviously bemused. "That's impossible!"

"Really?" I asked. "Why?"

"You have to sway," it replied.

"Sway?" I said, uncertain of its gist.

"Of course, sway. Do you sway?"

I thought about this a while. In my sitting meditation I've often noticed myself—just ever so slightly—moving from side to side from time to time. I don't know why I do it, it just sort of happens sometimes. I kind of like it, so I don't try to regulate it in any particular way.

"Come to think of it," I said, finally, "I guess I do sway!"

"That's good!" it said back to me. "Then, you *are* growing your roots!"

"I am?" I said, "How so?"

"Well," it said back to me, "when the storms come, we start swaying. We sway from top to bottom, so what sways high, always sways low—that is the ancient law of swaying, after all. This may be hard for you to see but, below ground, in our roots, we are also swaying. You see, everything is interconnected this way. This swaying underground loosens up the soil that we are rooted in, and this loosening of the soil makes it possible for our roots to grow bigger around."

"Wow, I never knew that," I said back, amazed. Thinking about it further, I observed, "So, if it weren't for the storms, you might not be as big as you are today, right?"

"True enough," it agreed. "Still, that doesn't mean we enjoy the storms, or that it makes it easy."

"I understand," I said. "I think we have an expression for this sort of thing. It goes, 'whatever doesn't kill ya, makes ya stronger'."

It most heartily agreed.

Ever since my initial "conversation" in the hot tub with the spruce tree—call it what you will—I now return to this magical grove every year with the sense that I am a temporary visitor in what, essentially, is their sacred "sangha"—or spiritual community, as it is referred to in Buddhist circles. They are the resident monks of this timeless arboreal shrine, and though I am a welcomed guest here, I am, from their humble perspective, nothing more than a "rootless wonder": ambulatory, headstrong, and in search of something they cannot grasp. They watch me as I amble to and fro, out to my truck parked by the road and then off to the grocery store or to the laundromat, head stuffed with useless jargon, lists of lists, regrets of yesterday, hopes for tomorrow. Each year, they laugh at me, referring to my year apart from them as, "my year of chasing the wild gander." They think it is the funniest thing they've ever heard that I leave and come back every year to try to grow my roots.

"They start growing, and the next thing we know, you're back in your mobility cart, yanking them right out again. Then, we don't see you for another year. You come back, and you're trailing all these dead and trampled roots behind you, telling us you're back again to grow your roots. It's the funniest thing we've ever seen! We keep wanting to say, 'Well, what do you suppose is going to happen when you yank your roots out like you do every year, over and over again?'"

I try to explain to them that I'm trying to grow my *spiritual* roots no matter where I am, here or elsewhere, but they don't get this. "If you can't stay in one place for more than a week, then how do you expect to grow anything whatsoever?" they ask. To this, I have no good answer. I find it difficult to sit still in my meditation sessions for more than thirty minutes at a time. Then, I have to get up, walk around, stretch out, do the dishes, write essays and a billion other things on my list of things to do, before I can meditate again.

I make it part of my practice, though, to walk slowly among them, palms together, breathing deeply, smiling and thanking each one for their great example and service during my stay. They—the trees—are truly the masters of rootedness, and I, their humble disciple, come here each year to learn from them their fantastic resilience and fortitude.

In my sitting meditation I've often noticed myself—just ever so slightly—moving from side to side from time to time. I don't know why I do it, it just sort of happens sometimes. I kind of like it, so I don't try to regulate it in any particular way.

In Zen practice, we are asked to be still long enough to see with utter clarity just how our thoughts and emotions help shape our reality. We can't really do this if we're constantly on the go, physically or otherwise. So, we pull up a mat and a cushion—or a decent straight-backed chair, if one prefers—and we park it. We breathe deeply and we watch.

In time, with practice, the picture of our lives begins to clear. We have been so inundated in it, we've yet to witness it as if from afar. What we see, often times, is hauntingly depressing. And yet, it is a start. For there is hardly a hope of changing anything if we remain in the "inundated" state.

With the great resilience of the trees, who stand bravely in one place no matter the circumstance, we get hit with the gale force winds of our own existence. Sometimes we even break, the force is that strong! But mostly, I would guess that, after talking with the trees, what we do is learn to sway. And when we sway with the brilliance and starkness of whatever comes up in our meditation practice, the soil of that which binds us and imprisons us is loosened. In this loosening, the roots of our true selves are finally freed and allowed to grow bigger around, just like the spruce trees.

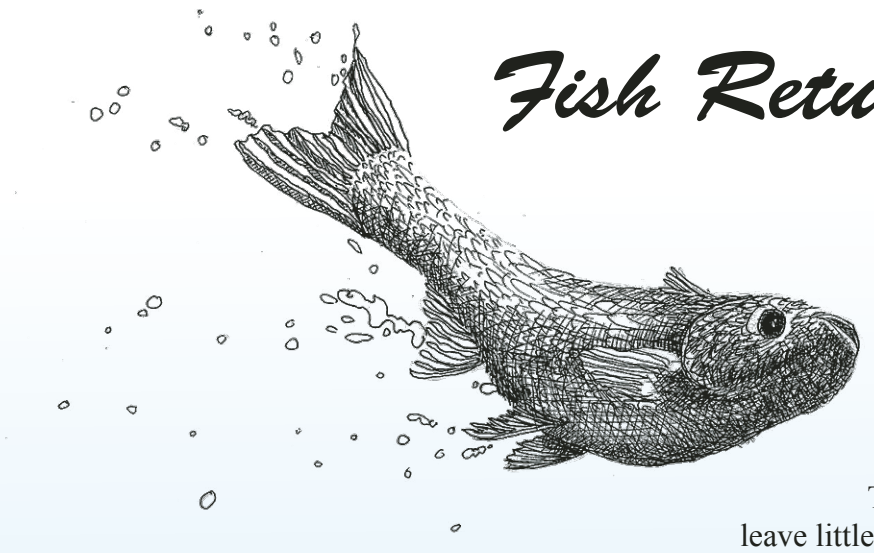
So, this is the wisdom that my sangha of trees has imparted to me through my years of solitary retreat. This morning, while walking slowly among them, I asked them, once again, for their patience. This path of unraveling the true self takes time—more time than I ever imagined! In a few more days, I'll once again get into my "mobility cart" and hightail it out of here, back home to Michigan. I'll try my best to hold onto this vast wisdom until my next return visit, one stormy cycle around the sun from now. And, hopefully, I'll try to keep swaying with whatever happens to come up for me till then.

May we all be so fortunate at some point in our lifetimes to be in the company of a lively band of trees. And hopefully, we can all learn to make our sway a dance!

###

(Leonard Bass lives and works in Ann Arbor, and is a member of the Zen Buddhist Temple on Packard. He can be reached at basstoll@yahoo.com.)

In time, with (Zen) practice, the picture of our lives begins to clear. We have been so inundated in it, we've yet to witness it as if from afar. What we see, often times, is hauntingly depressing. And yet, it is a start. For there is hardly a hope of changing anything if we remain in the "inundated" state.



Fish Returned To Its Water Life

By Diane Kimball
Illustration by Dianne Austin

The snake hangs like a sloth on the wooden brace of the dock. A warm September sun has lulled it into lassitude. Close by I settle quickly into the kayak, pushing off into the quiet pond here in the Outer Banks of North Carolina. A white heron guards the entrance to the river. He flies off unexpectedly as if to lead the way.

The river appears iced with green dots of algae. My paddle strokes leave little trace of any intrusion. Suddenly a shimmer of silver lands in my lap. *What's this?* A fish flip-flops there, as startled as I am. He wriggles for a few seconds before I gently grab his body and hurry him back to the river. Touching a fish's scaled body is nothing new or uncomfortable to me. Most often, however, the fish ended up on the table.

"Just one more seine," my brother would say. Around we'd go again with the net, grabbing a whole bucket more of minnows.

"Just one more fish," he would plead. I'd already caught a dozen perch and he wanted to catch more than I did. The Ontario summer sun baked our kid bodies; we caught perch and baked them.

The afternoon would be a long one. I would scrape and scale the fish, my brother the master of gutting and filleting. My mother would soak them in milk, dry them, and then scatter breadcrumbs over the filets. Oven-baked, tasting like the very fresh water we'd hauled them from that morning on Lake St. Clair.

Today, on the river, fish in lap, fish thrown out of lap, fish returned to its water life. I'm not superstitious. But I choose to be now. I've been diagnosed with a large *thing* on the inside of my right kidney. This *demon* thing. *I can't see you if you hide*. *Tell me what you want.*

Right kidney, to leave, *tells* me to live every moment as if it's for the first time. Left kidney, to remain, says *get out of your own fucking way*.

Fish in lap, fish thrown out of lap, fish returned to its water life.

The snake slithered down from its perch and printed trails across the surface of the water as it disappeared into the reeds. Benign, after all.

###

(Diane Kimball lives in Ann Arbor and is a writer, musician, and educator. She can be reached at lilydetang@hotmail.com.)

CRAZY WISDOM KIDS

A new regular section of
The Crazy Wisdom Community Journal

Articles, calendar listings, advertisements, music and book reviews, and other features… focused on raising conscious and spirited kids…

Mindful Parenting
Good Eating Habits
the Healthy Household
Integrative Medical Care for Kids
Yoga and Kids
Dads and Babies
Mothers and Daughters
Eco-friendly family living

(If you like our new CW Kids section, and would like to be contributing to it, contact bill@crazywisdom.net. We welcome story ideas, illustrations, feature writing, and photographs)

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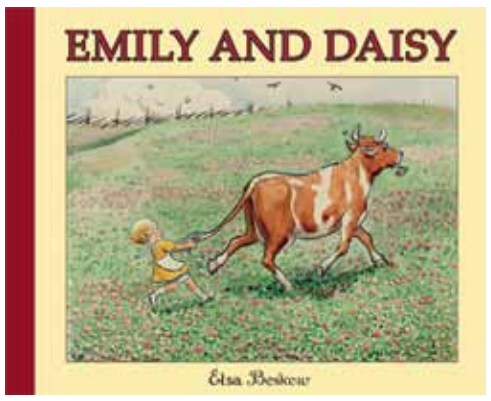
New this issue...

The Crazy Wisdom Kids Section

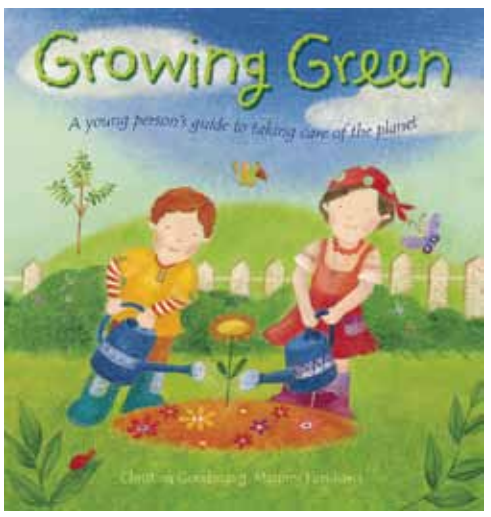
Great kid-relevant articles, reviews of books, music and dvds, and listings for upcoming events for kids.

Children's Book Reviews

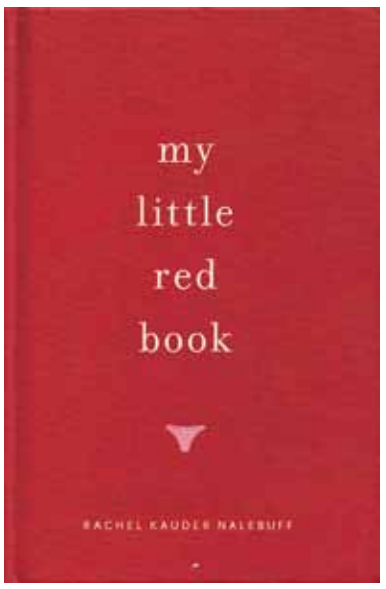
By Sarah Newland, mother of two (ages three and eleven) and devoted parent of Waldorf education



***Emily and Daisy* by Elsa Beskow**
Elsa Beskow's numerous picture books for children have been known and loved for over a century. In this new publication, Emily is going to the meadow to look after Daisy the cow and meets some elves along the way. This is a beautiful view into traditional Swedish farming life and a gentle story about a young girl, for ages 3-7. $17.95 by Floris Books

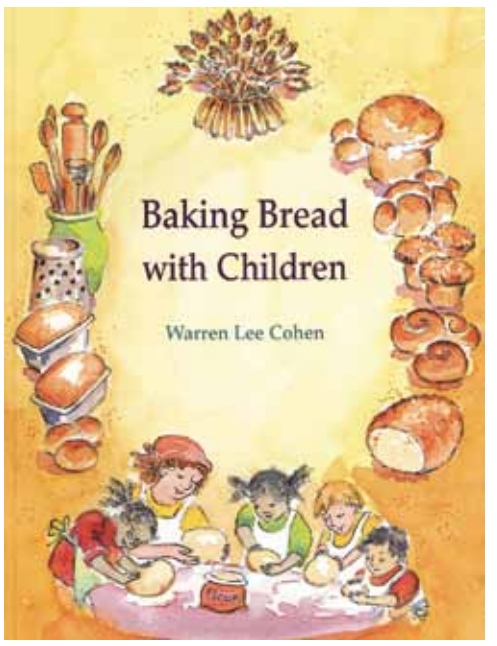


***Growing Green: A Young Person's Guide to Taking Care of the Planet* by Christina Goodings with illustrations by Masumi Furukawa**
This book will help children learn about simple ways to take care of our world by tending to small creatures, nurturing seeds, picking up trash, and recycling. The pastel artwork makes this book extremely appealing and helps children identify with these larger issues. My son, who is almost four, loves this book (especially the camping page!) even though it's probably written for slightly older children, ages 4-10. $12.95 by Lion Hudson



***My Little Red Book* by Kauder-Nalebuff**
This is an anthology of stories about first periods, collected from women of all ages from around the world. The accounts range from lighthearted (the editor got hers while waterskiing in a yellow bathing suit) to heart-stopping (a first period discovered just as one girl was about to be strip-searched by the Nazis). The contributors include well-known women writers, such as Erica Jong and Gloria Steinem, alongside today's teens. Ultimately, this book is a call for a change in attitude. By revealing what it feels like to undergo this experience firsthand and giving women the chance to explain their feelings in their own words, My Little Red Book aims to provide support, entertainment, and a starting point for discussion for mothers and their girls. It will be the perfect gift for my daughter's First Moon celebration (but I'm reading it first, and it's great!).
$14.99 by Twelve Books

***Baking Bread with Children* by Warren Lee Cohen**
With a little know-how, anyone can transform a few basic ingredients into a delicious, sustaining loaf of bread. This book has everything you need to know to share the magic of baking bread with children of all ages. In the Waldorf tradition, the techniques and recipes are cleverly seasoned with stories, songs, and poems to make the whole process really enjoyable for everyone. The Cheesy Snails are super fun, the braided Harvest Spelt Bread looks very special to children (and is easy to make), and now I can finally find the recipe for Santa Lucia Buns for December 13th! I'm currently making the 14-day sourdough starter for the Old World Rye Bread, and I can't wait to try it.
This is a perfect way to spend a couple hours each Sunday with your children, with all your hands kneading dough. $30.00 by Hawthorn Press in the UK



Devon Scones (reprinted with permission from Hawthorn Press)
These are wonderful served warm out of the oven with homemade jam, and also delicious if you add a handful of currants or 4 ounces of cheddar cheese and chives.
1 ½ cups flour
2 tsp baking powder
½ tsp salt
½ cup milk
¼ cup butter, softened
Sift together flour, salt, and baking powder. Cut in butter, then stir in milk. Knead lightly to form a ball. Place on floured surface and flatten to ¾" thickness. Cut out circles and place on greased tray. Bake 10-12 minutes at 425 degrees.

Crazy Wisdom Kids

Crazy Wisdom Kids

Questions for Adele Kieras about Teaching Yoga to Kids

Photo courtesy of Inward Bound

Tess Dombrowski and Eleanor Niman

"Through practicing yoga, children develop the life long practice of listening to their bodies and making healthy choices to keep their bodies and minds feeling."

Bill Zirinsky: Adele, you told me that you have "a passion for bringing yoga to kids". Say more.

Adele Kieras: Every individual has unlimited potential within. When children engage in this ancient practice of yoga, they readily connect with their inner strengths and see themselves as worthy beings. They fully enjoy being themselves and being with others. To share in this is truly gratifying.

BZ: I know you have a background as an educator. How did you get into teaching yoga to kids?

Adele Kieras: Working with children, I have long been aware of how health and nutrition affect their ability to acquire knowledge, optimal health for the brain and body to fully develop. I discovered yoga when I returned to college for a master's degree in nutrition. The first time I moved my body in the space on my yoga mat, I felt how this practice is a natural fit with children. Children are strong kinesthetic learners. They learn by doing. They gain self-knowledge while having fun practicing yoga.

What is most remarkable about teaching yoga to 3-6 year olds? And what is most worthy to note about teaching yoga to 6-10 year olds?

Kieras: Yoga for the 3 –6 year old is playful and energetic; however, the relaxation portion of a yoga class with 3 –6 year olds is amazing. It is so comforting to view a group of three and four-year-olds lying relaxed and still. Yes, I said ***still***, on their mats, with peaceful expressions on their faces. More then that, they love the experience even more than I do.

Students in the 6 – 10 year old class often come in feeling a bit unsure, lacking confidence and even slightly scared. Over the 6 to 8 weeks of a class session there is a dramatic shift in their sense of well being. They become comfortable in their own skins, feel good about keeping themselves physically, mentally and emotionally healthy, and enjoy expressing themselves, fully being who they are. They courageously move into backbends and powerfully lift themselves up into handstands, then use their breath to calm themselves into relaxation. They are amazing.

Adele Kieras

Girl Scouts can get a yoga patch nowadays?

Kieras: The Girl Scout program now includes a "Be Healthy, Be Fit" unit where Girl Scouts have the opportunity to earn badges for engaging in healthy lifestyle choices and activities. Included in this program is a Yoga Patch that Junior Girl Scouts earn by attending yoga classes. For Brownie Girl Scouts there is a My Body Try-it, which promotes healthy movement and yoga practices.

Children are so enthusiastic when they come to yoga class I am often bombarded by requests to do this pose, that pose, rainbow breathing, yogi bender game, partner poses, etc!

What's most challenging about working with kids doing yoga?

Kieras: Children are so enthusiastic when they come to yoga class I am often bombarded by requests to do this pose, that pose, rainbow breathing, yogi bender game, partner poses, etc! It is a challenge to move them (and myself, I get caught in their buoyant energy) into a more calm receptive state in order to move through poses in a beneficial sequence. Then we develop patience to wait until the next week to get to poses that we could not fit into the one-hour class.

Please tell us about partner poses?

Kieras: Once students have a basic understanding of foundational poses and breathing techniques, I introduce them to partner poses. Working together is so much fun for all of us. Practicing yoga with others develops self-control, social awareness and spatial dynamics. It teaches children how to respectfully and supportively interact and connect with others. It also teaches how to appreciate differences and have fun as they build community.

What are the possible longer-term benefits for starting kids into yoga at an early age?

Kieras: The American Medical Association has identified two key factors for maintaining good health (physically and emotionally). They are: self-awareness and self-care. Through practicing yoga, children develop the life long practice of listening to their bodies and making healthy choices to keep their bodies and minds feeling well.

Where in the Ann Arbor region will you be doing Kids Yoga classes this spring?

Kieras: This spring I am offering yoga classes for children at Inward Bound Yoga Studio and at the Ann Arbor Jewish Community Center. I also offer classes at Rasa Yoga in Novi, and look forward to developing a kids yoga program at the Ann Arbor YMCA in the near future. www.ibyoga.com for Inward Bound Yoga, www.jccannarbor.org for the Jewish Community Center, www.rasa-yoga.com for Rasa Yoga, or contact me, Adele Kieras, at kyogaoftheheart@aol.com or 248-931-0773.

Photo courtesy of Inward Bound

(Shown from bottom right, clockwise) Paolo Barcelata, Marisol Barcelata, Lily Carteu, Olivia Carteu, Cate Dombrowski, Tess Dombrowski, Eleanor Niman, Lael Tazer, Adin Tanzer, Nathan Lublin, Tyler Kieras, and Adele Kieras

"Practicing yoga with others develops self-control, social awareness and spatial dynamics. It teaches children how to respectfully and supportively interact and connect with others."

"It is so comforting to view a group of three and four-year-olds lying relaxed and ***still***. Yes, I said still, on their mats, with peaceful expressions on their faces. More then that, they love the experience even more than I do."

You moved to this area from San Diego a year and a half ago. What are your strongest impressions of life here in southeastern Michigan?

Kieras: I really enjoy the outdoors and spend as much time as possible in nature. It has been a true pleasure to breathe in the fresh air of Michigan woods, and to enjoy being around and in the waters of lakes and rivers. I appreciate being able to live in a community that is progressive in its commitment to the environment.

What are you most looking forward to this spring?

Kieras: I look forward to sharing in the abundance that nature and all life has to offer. For me this is the best time to bring the practice of yoga outdoors. Not only do I hold classes outdoors, we extend the classes into planting gardens and cleaning up areas for the animals.

###

Photo courtesy of Inward Bound

Adin Tanzer and Lael Tanzer

"Children are strong kinesthetic learners. They learn by doing. They gain self-knowledge while having fun practicing yoga."

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Tea with the Fairies at Crazy Wisdom

Special Mother's Day Tea, May 9th, 2 p.m.

Children and their families are welcome for tea and petits fours served by real-life fairies! Celebrate with our magical fairies as they serve tea, treats, and magic. There will be story time read from books available from Crazy Wisdom Bookstore. Fairy attire is encouraged. Be creative! $10.50 per person. Babies 18 months and younger free. For information, call 665-2757, ashley@crazywisdom.net. Tickets may be purchased in person or by phone.

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Crazy Wisdom's Summer Camp Guide

Compiled by Kimberly Didia
Honey Creek Photos by Amy Johnston

Introduction to the 2010 Crazy Wisdom Kids Summer Camp Guide

"*What are we going to do today?*" When summer arrives, variations on that question are sure to be heard many times over.

We all want our kids to have experiences that challenge, nurture, entertain, and provide growth. There are so many great camp programs for kids which foster physical, artistic, spiritual, intellectual, musical, kinesthetic and emotional growth. We want to help parents find fun and worthwhile camp programs.

I had the honor to speak with many amazing Camp Directors, and the programs that are available are wonderful and varied. The diversity, passion, and devotion to providing a fantastic experience is truly inspiring. I encourage you to take a look with your child at all the following offerings, to plan and create an experience he or she will never forget! Whether it's art, dance, music, fantasy, nature, sports or the many, many other kinds of camps, we've got them covered in the ***2010 Crazy Wisdom Kids Summer Camp Guide***.

Leslie Science Center spends the day outside

Photo by Amy Johnston

Learning to love nature at Honey Creek

(The listings below are provided by the camps, and for the most part, the listings are in their own words. You will get a sense of each camp's philosophy and offerings, and you'll get a feel for how each camp might enrich your child's summer).

Ann Arbor YMCA Camp Al-Gon-Quian

www.annarborymca.org camping@annarborymca.org 734-996-YMCA
Camp Director- Sarah Kurtz -- 734-661-8051
Burt Lake, MI - Buses leave from Ann Arbor for each session

Camps held- Various sessions running from June 26 - September 2

Session 1 – June 26th-July 3rd
Session 2 – July 3rd-17th
Session 3 – July 17th-31st
Session 4 – July 31st-August 14th
Session 5 – August 14th-21st
Session 6 – August 21st – 28th
Mini-Camp (for 6-10 year olds) – August 28th-Sept. 2nd

Camp Al-Gon-Quian is the Ann Arbor YMCA's overnight camp for campers ages 6 through 16. Offering traditional camp programs of one to two weeks throughout the summer and some seasonal programs, Camp Al-Gon-Quian has become a home away from home for many of our campers throughout our 85-year history. We believe campers should have the opportunity to grow physically, socially, mentally and spiritually here at camp in a warm, positive environment. We believe the atmosphere necessary for growth requires a safe environment, a variety of experiences and as much camper involvement as possible.

Swimming, Sailing, Canoeing, Nature, Drama, Writing, Horseback Riding, Newspaper Production, Landsports, Climbing Wall, Archery, Riflery, Arts and Crafts, Woodshop, Waterskiing, Leadership,etc.

Cost: One-week session, YMCA member: $450
One-week session, non-member: $500
Two-week session, YMCA member: $775
Two-week session, non-member: $875

Ann Arbor Rec/Ed Summer Camps 2010

www.aareced.com 734-994-2300

Camps held- Various camps available throughout the summer

Over 200 Exciting Summer day Camps for Youth ages 3-17

Full day summer camps include Quest, Green Adventures, Teens-N-Transition (T-N-T) and the following Literature and Academic Camps: Writing, Essays and Grammar Made Fun, Poetry, Star Wars, Superhero Training, Japanese Anime, Harry Potter, Yu-Gi-Oh Card, Twilight, Kidconomics and Summer Math Explosion.

Cost: Various- Early Bird Specials available

Continued on page 46

Crazy Wisdom Kids ~ Summer Camp Guide

Continued from page 45

Barb's Sewing School Summer Day Camps

www.barbssewingschoolaa.com barb@barbssewingschoolaa.com 734-662-6891
BarbTiews- Owner/Operator
Camps are held throughout the summer. Camps are 1 week long, half day camps (sometimes 9 a.m.-12, sometimes 1-4 p.m.) Ages 6-14

Barb has been a licensed Kids Can Sew® instructor since 1991. She teaches with skill acquired in over 50 years of sewing; which includes custom sewing, alterations, and pattern drafting. She is a long-time member of the American Sewing Guild, and continues to seek to improve her skills and teach the best sewing techniques.

This program is designed to teach sewing techniques and help students become confident, independent sewers in a fun and relaxed atmosphere. There will be a beginners clothing construction camp, a sewing-craft camp, and an intermediate stuffed animal camp.

Enrollment is open as of 3/15/2010.

Cost: Full price for all beginner camps is $165 per camper, and full price for the stuffed animal camp is $205 (this is $165, plus a $40. kit fee for each camper) Students who enroll before April 30th will be given a $10 discount on their camp enrollment. *A registration fee of 50% of the camp fee is retained in the event of a cancellation. No refunds on or after the first day of camp. Kit fees are not refundable.

Blue Turtle Nature Awareness and Wilderness Skills Day Camp

www.blueturtlenaturecamp.com frank@awakenedbreath.net
Frank Levey and Larissa Czuchnowsky (734)975-4448
Blue Turtle Nature Awareness and Wilderness Skills Day Camp Ann Arbor, MI

Week long course offerings for boys and girls ages 7 to 12 occur
June 28- July-2
July 12- 16
July 19- 23
July 5-9 Half day camp for boys and girls ages 4 to 6

Camp Blue Turtle Camp is in southeast Ann Arbor on our acre homestead and we also utilize a 25-acre nature area nearby. In a playful environment designed to nurture the qualities of cooperation, inclusion, and friendship, this hands on camp will foster the development of nature awareness and outdoor living skills including water and food gathering, shelter building, fire making and the use of primitive tools. In addition we work on many craft projects, mostly from natural materials. Each day also includes water/cool down time, storytelling, native games, and wholesome snacks.

Frank Levey has been a long time student of the natural arts and is a certified Transformational Breathwork facilitator. He has studied extensively with Tom Brown, Jr. and other skilled outdoorsmen and women. Larissa Czuchnowsky is an avid naturalist and dynamic middle school teacher who inspires children's groups through indigenous games, crafts, and stories.

Cost: $295 for a week ($275 before May 1) and some partial scholarships are available.
Campers bring sack lunches (wholesome snacks and drinks provided)

Camp Raanana

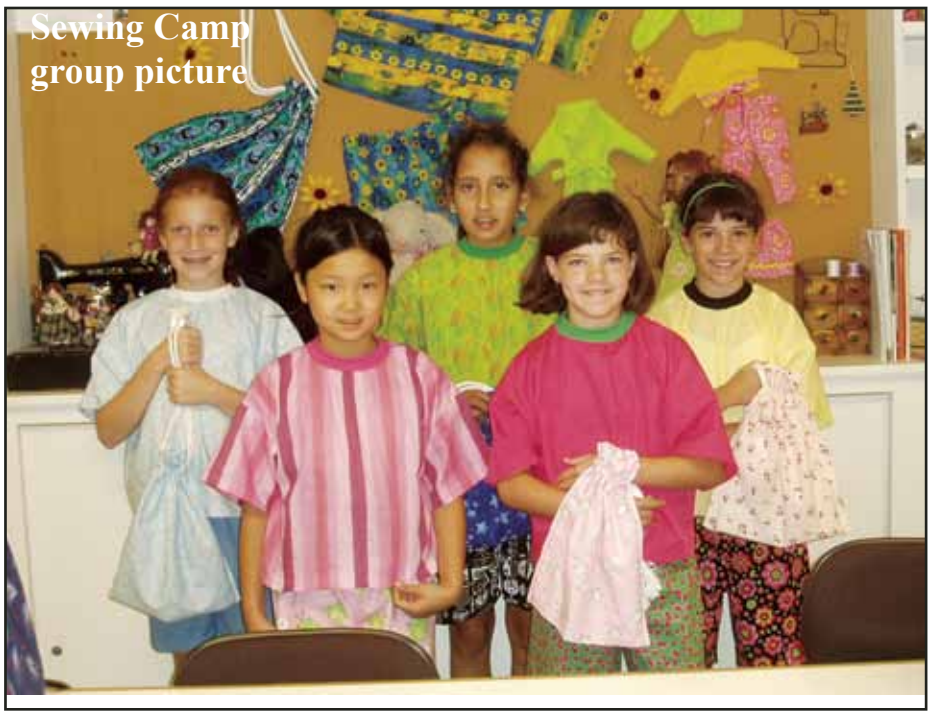
deborahhuerta@jccfed.org www.CampRaanana.com 734-971-0990
Sponsored by the JCC of Greater Ann Arbor. Director is Deborah Huerta
2935 Birch Hollow Drive, Ann Arbor, MI 48108

Camps held- June 21 - August 20, with extra programs also offered the week of August 23-27. Families sign up for a minimum of two 1-week sessions. 9 am - 4 pm, with extended care available from 7:30 am - 6 pm

The camp is located on a beautiful private site at Independence Lake County Park (3200 Jennings Rd. Whitmore Lake, MI 48189). We provide daily round-trip bus transportation to the campsite from our base at the Jewish Community Center. Camper drop-off and pick-up takes place at the JCC each morning and afternoon.

Camp Raanana is an outdoor day camp for campers entering grades K-8. The camp is located on a beautiful, natural site at Independence Lake Park, with access to a private swimming beach, boating areas, nature trails, sports fields, playgrounds, and a spray zone. Camp Raanana is the perfect place for campers to explore new interests, build strong friendships, gain self-confidence, and have fun outside.

Campers entering grades K-2 enjoy Red Cross swim lessons, sports, arts & crafts, nature exploration, music & Judaics, free swim, and exciting weekly field trips and special events. Campers entering grades 3-5 enjoy all these great activities,



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Camps for ages 10 & Up
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full participation

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ages 8 - 16

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July 12-16: International Cuisine

July 19-23: Culinary Bootcamp

August 9-13: Cooking Around the Clock

www.AnnArborCooks.com
5060 Jackson Rd., Ann Arbor 734-645-1030

and also get to choose an enriching afternoon specialty each week, such as Lego Mania, Boating, Digital Photography, Martial Arts, Drama, Drumming, Clay Creations, World of Sports, Dance, Magic, Jazzy Jewelry, Kids Yoga, and Silly Science. Campers entering grades 6-8 participate in the Pioneer Adventure Program and experience a summer of adventure as they travel to exciting destinations, explore new challenges, enjoy activities at camp, and participate in fun community service projects.

May 3 raffle deadline (registrants will be entered in a drawing for a free week of camp)
June 1 final registration deadline

Cost: $205/week, $25/week for extended morning care, $50/week for extended afternoon care, $150/week for the three day program for entering kindergarteners

---

Circle Pines Center Summer Camp

Info@circlepinescenter.org www.circlepinescenter.org 269-623-5555
8650 Mullen Road, Delton, MI 49046

Teaching Peace, Social Justice, Environmental Stewardship and Cooperation Since 1938. Waterfront Activities, Arts & Crafts, Work Projects, Education, Sports and Games, Music, Dance, Theater.

Session I – June 27-July 10 -- Traditional camp activities, plus all-camp puppet parade.
Session II – July 11 –17 -- One Week Session will include a partial focus on creative writing.
Session III – July 18-31 – Traditional camp activities, plus the annual "folk opera"

$1050 for Sessions I and III (two week sessions); $$525 for Session II (one week session)

Cranbrook Summer Art Institute

cschneider@cranbrook.edu www.CranbrookSummerArt.org -- 248-207-8562
Cranbrook Academy of Art Christopher Schneider, program manager
39221 Woodward Ave, Bloomfield Hills, MI 48303

Camps held- June 21 to July 9; July 12 to July 30; August 2 to August 20

Cranbrook Academy of Art campus in Bloomfield Hills
The Cranbrook Summer Art Institute offers three-week intensive art classes to teenagers between the ages of 13 and 18. Each class is taught by an artist from the Cranbrook Academy of Art, one of the top graduate art schools in the nation. Classes are kept small so each student receives individual attention.

We offer 20 classes in subjects such as architecture, comic art, animation, fashion design, photography, sculpture, drawing, ceramics, printmaking, painting and more. Each class meets six hours a day, M-F for three weeks. Boarding is also available.

Single 3-week class without boarding: $995
Single 3 week class with boarding: $3500
Discounts given when taking more than one class.

Cranbrook Science Explore Camp

http://science.cranbrook.edu 248-645-3210
Cranbrook educational Community 39221 Woodward Ave., Bloomfield Hills, 48303-0801

Cranbrook Institue of Science offers kids ages 4-14 the opportunity to explore the world of science and natural history on Cranbrook's 319 acre campus

Camps include Beginner Explorer, Science Explorer, Physics Explorer, Crime Scene Explorer, Advanced Outdoor Explorer, Outdoor Explorer, Astronomy Explorer, Ecology Explorer, and Advanced Ecology Explorer

9:30am-1pm or 9:30am-4pm

Cost: $315 per camp member $350 per camp non-member
Before and After Camp care available

Dancer's Edge @ Studio "D" Summer Camps 2010

dextersdancersedge@yahoo.com www.dextersdancersedge.com 734-424-2626
Dancer's Edge @ Studio "D" 3045 Broad Street, Dexter, MI

Camps held- June 15 - August 21

Camps for ages 3-17

Photo by Amy Johnston

Dancer's Edge is home to "Blaize", The University of Michigan's Hip-Hop team and practice Facility for the University of Michigan's Dance team! Our staff of 15 teachers, who are U of M graduates and dancers, certified in their fields of dance, want to help your child develop confidence, learn new skills and have fun in an exciting environment!

Camps include Princess Camp I & II, Ballet masters Camp, Fashion-Spa Week and Dealing with the Fashion Bully, High School Musical by Girls Empowered, Assertiveness Boot Camp, Musical Theater/Triple Threat/Vocal Camp, Girl Power, Little Girl Power and Boy Power and Little Boy Power, Making Music, Acting and Theater Games for Young Performers, Dancer's Edge Competition/Choreography, Leadership and Team Building, ABCs of Social Skills. My Friends and Me!, Assertiveness Boot Camp, Get Ready for Middle School

Cost: $120-$250

Daycroft Montessori School Summer Day Camp

www.daycroft.org samantha@daycroft.org 734-662-3335
1095 N. Zeeb, Ann Arbor, MI 48103

Camps for age K-grade 6

Summer Camp at Daycroft takes in everything from cooking and gardening to explorations of music, art and nature. Your child will also learn about other countries and cultures. Favorite activities include Lego engineering, guitar lessons, computers, field trips, and more.

Detroit Zoo Summer Safari 2010

www.detroitzoo.org/education 248-541-5717 ext. 3800
8450 W. 10 Mile Road, Royal Oak, MI 48067

Camp Season runs from June 21-August 14 for ages 4-15

The Summer safari Camp combines tours, songs, games & crafts into a fun opportunity to earn about wildlife, wild places, and the ways that people can help animals.

Early Learner Camps (age 4-5), Youth Adventure Camps (age 6-9 and 10-14) and Teen Camp (age 13-15)

Cost : $30 - $225 depending on camp choice

Continued on page 48

Crazy Wisdom Kids ~ Summer Camp Guide

Continued from page 47

Girl Scouts Heart of Michigan Camps

www.GSHoM.org daycamp@crawford.net 734-417-0387
Contact: Monica Prince or Shirley Brackney
1900 Manchester, Ann Arbor, MI

Various Camps held July thru August

Grades 1-12

Camps at Camp Crawford Day Camp include: Up Up and Away, Magic Mischief and more, Where the Wild Things Are, Wagons West and Wonder, Jewelry Making Mavens

Cost: $80 - $205 per various session
Enrollment Deadline: May 31

GO Comedy Improv Theater

www.gocomedy.net classes@gocomedy.net 248-327-0575
Director- PJ@gocomedy.net
261 E. 9 Mile Rd., Ferndale, MI 48220

Overactive Imaginations encouraged! If your kids are fans of the TV show "Whose Line Is It Anyway?" they'll love Go Comedy's Improv Camp. The week long camp focuses on improv basics and performance games with an emphasis on listening, teamwork and support.

Kids camp 1 July 26-July 30 grade 10-12
Kids camp 2 August 2-August 6 grade 4-6
Kids camp 3 August 9-August 13 grade 7-9

All camps run from 9am-3pm

Cost: $300 per session

DANCERS EDGE AT "STUDIO D"

Competitive Dance Programs
Home of U of M Dance Team
Summer Camps & Classes begining June 14th
Princess Camps, Pom Camps, Musical Theater Camps, Art Camps, Dance Camps, Girls Empowered Leadership Classes and more!
Register online at www.DextersDancersEdge.com

Jazz • Hip-Hop • Ballet • Lyrical • Studio Technique • Tap • Baton • Cheer
Voice Lessons • Piano Lessons • Adult Fitness • Art Classes
Team Building & Motivational Seminars • Girls/Boys Empowered
Leadership Workshop • All ages Welcome • Private Lessons Available

734.424.2626 • 3045 Broad St., Dexter
dextersdancersedge@yahoo.com

Go Like the Wind Montessori School Summer Camp

www.golikethewind.com 734-747-7422
3540 Dixboro Lane, Ann Arbor, MI 48105

Go Like The Wind Summer camp has created summer programs that are nurturing, creative, intellectually stimulating, and tons of fun!

Camps held- June 16-August 25

Grades Elementary 1-3 7:30am - 6pm or
Preprimary 7:30am-11:30am or 12:30-3:30pm or 7:30am-6pm

Cost: $205 per week for Elementary and $180 per week Preprimary Full-Day
$100 per week Preprimary Half day

Healthy Goals for Girls Day Camp

Info@steinerhealth.org www.SteinerHealth.org 734-663-4365
1422 West Liberty, Ann Arbor, MI 48103

This camp is sponsored by the Rudolf Steiner Health Center. Diabetes prevention for girls 10-14 years old, focusing on nutrition awareness, cooking skills, creative expression through music, art, crafting and theater, healthy goal setting and having fun actively. Field trips are to the Hands-on-Museum and the Kerrytown Farmers Market. Participation requires documentation of obesity (95th percentile or over).

July 12-16, 9 am – 4:30 pm.
Cost of Camp: $180, scholarships available

Honey Creek Summer Camp

http://honeycreekschool.org/after-school-programs-summer-camp/
hcsummercamp@hc.wash.k12.mi.us
734.994.2636 ext. 2240
Honey Creek Community School
Camp Director Sue Hofbauer
1735 S. Wagner Road, Ann Arbor, MI 48103

Spend your summer saving the universe, defeating dark wizards, creating artistic masterpieces, traveling through time, searching for buried treasure, conducting crazy and cool science experiments, playing sports and making new friends. With forty acres and an indoor pool, adventures abound for school-age children at theme-based Honey Creek Summer Camp. Weekly field trips are included to enhance our summer celebration.

We offer something for everyone, whether you come for a day, a week, or the entire summer. Our flexible scheduling and themed weeks help you customize your summer to fulfill your day care needs with FUN.

Weekly Themes:
June 16th-18th: If You Build It...
June 21st-25th: Around the World
June 28th-July 2nd: Weird Science
July 6th-9th: Campers Ahoy!
July 12th-16th: Fine Arts Fest
July 19th-23rd: Sports Extravaganza
July 26th-30th: Mystical Adventures
August 2nd-6th: Time Warp
August 9th-13th: FantastiCamp
August 16th-20th: Out of this World
August 23rd-27th: The Great Outdoors

Open to campers ages 4 years 9 months - 13 years
Counselor-In-Training Program available for 7th & 8th graders
Camp Hours: 8am - 6pm from June 16th - August 27th, 2010

Cost: $35 enrollment fee/camper then $44/day (ages 5-13) and $51/day (under 5)
Deadline: None. Enrollment open until full.

Howell Nature Center Summer Camps

www.howellnaturecenter.org lizabethwelch@hotmail.com 517-546-3026 or 517-546-0249
Director Dick Grant, Coordinator of Day Camp Program Liz welch
Howell Conference & Nature Center – 1005 Triangle Lake Road, Howell, MI 48843

Camps held- June 14 - September 3
Day Camps are held between 8:30 - 5:00 Mon thru Fri – before and after time available for an extra fee

Photo by Amy Johnston

Grades 1-5
Summer Day Camp offers children an unforgettable summer camping experience. Programming is a blend of traditional camping activities like Archery, Canoeing, Fishing, Hayrides, and Crafts with experiential Environmental Education programs like Skins and Skulls, Wild Wonders Wildlife Park Tours, Nature Scavenger Hunt, and fun physical activities like the Zip Line and Tower Climbing. Each of the 12 weeks of Day Camp has a different theme, and each day features two to three unique camp activities. Most days include water play or swim time and as many zany games and challenges as you can possibly pack into eight and a half hours. Once a week we feature field trips your child will love! No two days are alike, and every day is a blast!

Grades 6-8
Day Camp offerings: Back by popular demand, we are proud to once again offer this exciting camp for Campers entering grades 6th through 8th grades. Like its K-5 counterpart, Day Camp Extreme offers an itinerary blending only the most popular and exciting traditional camp activities with experiential Environmental Education and Challenge. We will feature activities like Archery, Canoeing, Fishing, Hayrides, Crafts, Skins & Skulls, Wild Wonders Wildlife Park tours, and Nature Scavenger Hunt programs, but they will be done in new and exciting ways to interest older campers.

Cost: $33 per day and $27 for additional children

Howell Nature Center Summer Resident Camp

www.howellnaturecenter.org
Director Dick Grant
Contact Ryan Grant 810-599-3673 hcnc@howellnaturecenter.org
Contact for Parent Questions Natalie Hassan 517-546-0249
1005 Triangle Road, Howell, MI 48843

Grades 2-12
Camps held- June thru August 5th

The Howell Conference & Nature Center offers a variety of exciting summer time camping experiences geared for children in grades 2-12. Living and sharing in an intercultural Christian community, guided by Christian leaders, gives people of all ages and all religious denominations a unique opportunity to expand their horizons and grow in faith. The Nature Center is committed to providing a quality camping experience offering exciting challenges and loads of hands-on exploration. Your child will have plenty of opportunities for making new friends and will take part in activities that will develop a greater appreciation for our natural world.

Cost: $140 and go up to $445 depending on length of stay and whether the camps do out of town travel

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ID Tech Camps & Gaming Camps

www.internaldrive.com info@internaldrive.com 1-888-709-8324
Camps held at the University of Michigan
Camps held- June 20 - August 1; Ages 7-17;
3D Video Design, Web design, Video Editing, game Design, Robotics, Web Graphic & Digital Arts;
Cost: Varies per camp

Kenville Studios Summer camps

www.kenvillestudios.com director@kenvillestudios.com 734-302-3502
Director Colette Kenville
23 E. Hoover St., Ann Arbor, MI 48104

Ballet Intensive
Camp Dates: August 9-13, 2010 Ages 8-12 9:30-4:30
Daily ballet classes covering many topics:
Variations Spanish dance, Music Stretches, Mime Stage, makeup and hair, Stage presence, Dance history

Complete Puppet Theatre Production
Summer Day Camp: July 12 - 16, 2010 Ages 6 to 12 9:30-4:30
Create your own play and then bring it to life with your own handmade puppets, costumes, set designs, and music. Invite your family and friends to the final theater production.

Creative Clay
Summer Day Camp: July 26 - 30, 2010 Ages 6 to 12 9:30-4:30
Explore new "ways with clay" with expert instruction and tools. Instructor taught pottery to every student at The Valley School in Flint for 18 years.

Coordinated Art & Movement School
Summer Day Camp: June 21 - 25, 2010 Ages 6 to 12 9:30-4:30
A curriculum-based art and movement used to teach creative thinking and expression. Curriculum developed by instructor while teaching at Japhet School in Madison Heights. Each lesson is a different theme with a related art project.
This activity is designed for all ages and all body types. It does not require dance knowledge. It builds self-confidence, uses problem solving, and teaches creativity and cooperation. Students learn how to move their body through space. Non-intimidating – no one can fail – and lots of fun.

Cost: $190 per week

Continued on page 50

Sing with Me!
The More We Get Together
Nurturing Relationships Through
Music, Play, Books & Art
A Resource & Activity Guide
for Families & Educators
More Than a Class
Research based program
nourishes your child's brain
& affects total development.
Mixed Age Class
Birth – 5
Tues., Wed. 9:15 or 10:45
Music, Movement
& Making Art
For 3 1/2 - 5s
Weds. 12:45-2:15
Baby and You
A Special Class for Infants
and the Grown-Ups
Who Love Them...
A warm, gentle, nurturing
environment of
activities to support your
daily routine.
Together we will bounce,
chant, wiggle,
play instruments,
listen, rock, folk dance,
share hugs-lullabies
and more. Tues. 12:30
Staff Development
Family Concerts
School Assemblies for
Pre-K – 2rd Grade
Gari Stein
garistein@aol.com
www.little-folks-music.com
ph/fax 734-741-1510

Talking Colors Art School

Summer Classes
Year-round Classes
Extraordinary artistic education
- classes for children (ages 6+)
- classes for adults
- home-school groups
- portfolio preparation
www.TalkingColors.com 734.995.5959
2230 Pontiac Trail, Ann Arbor, MI 48105
Located at Rudolf Steiner High School

Crazy Wisdom Kids ~ Summer Camp Guide

Continued from page 49

Leslie Science Center listens to Joe Reilly

Kidsport- University of Michigan Physical Education

www.umove.kines.umich.edu/kidsport.html kidsport@umich.edu 734-764-1342
Director Kerry Winkelseth
Central Campus Recreation Building (CCRB) on North University Court, Ann Arbor, MI

Camps held- June 21 - August 6 8am-12pm or 1pm-4pm

KidSport offers children the opportunity to participate in a variety of games, sports, fitness and swimming activities. The activities are age and developmentally appropriate, and are developed by experts in children's physical education. KidSport is staffed by certified teachers as well as physical education and education majors focused on providing a first-rate experience for your kids!

Cost: $140 per AM session $96-$175 PM session
Before and after care available

Moonshadow Bike Camp

www.campmoonshadow.com 734-995-4141
Camp Director- Ron Zang

Camps held- June 27-August 7 Each camp session is one week

The camp is an extension of the Rudolf Steiner School of Ann Arbor summer camp program. Located three miles inland from Lake Michigan and two miles south of Empire, Michigan

We offer an opportunity for children to camp and cook and bike in a beautiful natural environment. We are outside all of the time, and we stay active. We really ride our bikes (usually 20 to 40 miles a day), but do so in a way that builds confidence and strength. We always find a place to swim or hike too. Sleeping Bear Dunes National Forest personnel are quite familiar with us. Many students come to us for their first extended experience away from home. We have a reputation for making everyone feel safe and comfortable. Maybe its the friendship, or the good food, or the campfires, or Lake Michigan evening swims.

Camp offerings- Biking, camping, cooking, casual sports (whiffleball, badminton, soccer, swimming), bike Olympics, board games, campfires, or whatever comes to mind.

Cost: $525
Scholarship money available

My Urban Toddler Camp Program

Info@myurbantoddler.com www.myurbantoddler.com 734-944-3628
7025 E. Michigan Avenue, Saline, MI 48176

4 Day Camps for children, ages 2-5.
On-the-Go Camp – July 19-22 or August 9-12 – Each day will feature on-the-go (bus, train, plane) themed activities.
Fantastic Foods Camp –June 28-July 1 or August 2-5 – Each day will focus on different foods.
Making Music Camp – July 12-15 or August 16-19 – Each day includes making an instrument and other theme related activities.
Knights and Princess' Camp – June 21-24 or July 26-29 – Each day will include knight and princess theme activities.
Each day's activities include: a craft, story, active movement, snack and free play in our city themed play space. Caregivers need to be on the premises, but do not have to participate in the camp.

Nature Adventure Summer Camp at Leslie Science & Nature Center

www.lesliesnc.org info@lesliesnc.org 734-997-1553
Camp Director- Amanda lodge
Camps held at Leslie Science & Nature Center, Ann Arbor, MI

Camps are June 21- Sept. 2 and are 1 week in length

This summer, explore your world by hiking, dabbling with scientific experiments, visiting rabbits, turtles, owls, and an eagle. Discover the delicious benefits of gardening, create nature-inspired art and enjoy the summer sunshine. Follow a set of animal tracks, use binoculars to study birds, play games with new friends, build a shelter and much more. A different adventure awaits each age group from catching tadpoles and polliwogs to planning your own two day camping trip.

Cost: $90-$240 per week depending on camp week

Optiminds Cognitive Camp

www.optimindsct.com jstewart@optimindsct.com 248-496-0150
Camp Director- Jane H. Stewart, PhD.
Birmingham Covington School 1525 Covington Rd., Bloomfield Hills, MI 48301

Camps held- June 28 - August 13 9am-12pm

A fun way to keep your brain in shape over the summer! Individualized and customized by skill level.
Critical Thinking & Problem solving using puzzles and games, Cognitive Training, Social Skills, Reading Comprehension, Math, English, Language Arts, Handwriting- Manuscript and Cursive

Cost: $200 per week or $50 per day

Oz's Music 2010 Summer Music Camps

www.ozmusic.com ozmusic@ozmusic.com 734-662-8283
Owner/Director- Steve "Oz" Osburn
1920 Packard, Ann Arbor, MI 48104

Camps held- June - August

Creating Music with Creative Musicians

Offerings- Rock Band, "Real" Guitar Heroes, Explore Percussion, Oz's Music Olympic Games, Strum Drum Dance and Hum

$200 for 5 days - discounts available

Rocks and Robots Summer Day Camp

www.rocksandrobots.com camp@rocksandrobots.com 734-645-0211
www.brainmonkeys.com 734-355-6872 - Owner Katie Tilton
Honey Creek Community School 1735 S. Wagner Road, Ann Arbor

Camps held June-August ages 5-17

Provides an environment where children can follow their enthusiasm, exploring, learning, and building the confidence to take on any challenge. Challenging outdoor activities, fun and engaging technology.

Flutter Bot, Bug Bot, Lego Physics, Rock Climbing, Sumo, High Ropes, Metal Bots, WeDo Robotics, Mindstorms Star Wars Adventure

Cost: $239-$699
Before and After Care available

Rock Band Summer Day Camps 2010

www.rockbandschool.com 734-665-0375
Camp Director- Alex Johnson a2music@yahoo.com
Manager- Karen King a2musictoo@yahoo.com
Ann Arbor Music Center 312 South Ashley, Ann Arbor, MI 48104

Camps held June 21 - August 20

Summer is the perfect time to grow as a musician. Our day camps provide the best ways for young musicians to get priceless experience in a band and on a stage. The Ann Arbor Music Center exists to teach music in a way that inspires creativity, purpose and meaning in our students.

The summer staff has years of experience leading our campers to a first rate music education experience. We offer different camps to help our students grow in different ways. At last there's a rockin' alternative to traditional summer camp.

Camp offerings- Rock Band Basic Training, Rock Band Boot Camp, Guitar Camp, Rock Explosion, Rockin' Boots Drum camp, Jazz band, Tour of Duty

Cost: $150 - $399 depending on camp

Roeper Summer Day Camp

www.roeper.org roepercamp@roeper.org 248-203-7370
Co-Director Paula Romano and Co-Director Carri Hammers
41190 Woodward Avenue, Bloomfield Hills, MI 48304

Camps held- June 21 - August 20

The Roeper Summer Day Camp has been a recreational day camp for children three to eleven years old since 1947. The 13 acre campus includes a new gymnasium, locker rooms and lunchroom, two swimming pools, woodlands, a creek, field spaces, three playgrounds, nature trails and numerous activity buildings. Activities including art, crafts, dance, drama, music, photography, pottery, science, swimming, field games, computer, video and outdoor adventure are offered at Roeper Camp. A hot lunch is provide daily and is included in the tuition.
Roeper Summer Stock Theatre began in 2002 and is open to students entering grades 6 - 12. Each three-week session provides a solid theatre basis for all students and challenges the more seasoned actor as well. Though students work towards the final performance, much of the instructional time is spent on developing specific skills in each discipline.
Roeper Summer Stock Theatre Junior began in 2008 and is open to students entering grades 3-5. Students will have fun each two-week session learning the basics of theatre specifically in the areas of character development, improvisation, movement, dance and music.Each program will present a performance at the end of each session for family, friends and other members of the community.
The Roeper Summer Science Camp has been created for students entering 6th through 8th grades. It is an opportunity for middle school students who love science to explore science concepts with hands-on activities in real-life situations.
The Roeper Summer Dance Program is designed to engage students with a passion for dance, in a challenging and creative summer dance experience. The one-week camp provides young dancers with a solid foundation in ballet and modern dance technique, combined with the opportunity to explore and refine their choreographic and interpretive dance skills.
The Roeper Fantasy Camp began in 2008 and is the perfect program for any middle school student with a big imagination. The one-week program is designed for students entering grades 6-9 who are interested in cutting loose with their imaginations in fantasy, science fiction, computer graphics, and creative writing.

Cost: $145 - $2020 depending on camp
Before and after care is available

Continued on page 52

Lots of great activities at the Ann Arbor College of Martial Arts

HEY PARENTS!

What Are Your Kids Doing This Summer To

Achieve focus, concentration and discipline at home & school.

Develop awareness, intuition & creativity.

Exemplify self confidence, leadership & teamwork.

Succeed at conflict resolution, anti-bullying & self defense.

HAVE FUN!

REGISTER NOW! For 2010 SummerDay Camp:

$230.00 per week + cost of off site field trips.
Parents provide all meals.
15% discount for first 25 registrations. Call NOW!

734-913-6000

Family Discounts offered.
Referral Discounts offered.
Multiple Weeks Discounts Offered.
The longer they stay, the less you pay!

The Ann Arbor College of Martial Arts
1952 South Industrial Hwy. Suite H, Ann Arbor, MI 48104
www.A2CoMA.com

"Bringing Balance and Direction to Lives Through Community, Diversity, Fitness and the Martial Arts."

Crazy Wisdom Kids ~ Summer Camp Guide

Continued from page 51

Summer Action Camp - Ann Arbor College of Martial Arts

www.a2coma.com a2coma@gmail.com 734-913-6000
Sponsors: Premier Kids Foundation, Godai Ninpo Association and the Ann Arbor College of Martial Arts.
Contact Rob B'Yas, Ross Winkler, and Marc Morisseau
Ann Arbor College of Martial Arts 1952 S. Industrial Hwy, Suites H,I, and J, Ann Arbor, MI 48104

Camp Director- Marc Morisseau- Marc has worked with camps for over 6 years as a Counselor and Team Leader. He has worked with Think Detroit-Pal, the Detroit Police Department's Athletic League, and Quantum Learning's *Academic Summer Camp,* University of Michigan Sponsored academic Summer Camps, and participated in camps that were voted #1 camps in Metro Detroit several years running.

Camps held- June 21, 2010 through Sept. 3rd, 2010 8am - 4pm

Will also take campers to various locations around the Greater Ann Arbor Area including area summer attractions such as swimming pools, Children's Hands-on-Museum, Zap Zone, Put N Glow, Gymnastics, Zoos, Dundee Water Park, Local Parks, Science Center, Bowling and of course, Children's Martial Arts at the Ann Arbor College of Martial Arts.

The Camp strives to help kids develop and maintain a healthy outlook toward self development, to encourage and instill a sense of health and well being through stimulating play, and to provide an alternative to daycare for parents during the summer months. We focus on team building exercises, leadership development, character development, creative problem solving, physical fitness and of course HAVING FUN!

Cost: $230.00 per week + cost of off site field trips such as to Zoos, Museums and Waterparks.
Parents provide all meals.
15% discount for early registration - Family discounts offered. The longer you stay, the less you pay!
Early and after care available for free
Each camper receives a free Martial Arts uniform and camp T-shirt

Registration Deadline: General- May 15, 2010

Summer at Michigan Friends

www.mfcenter.org director@mfcenter.org 734-475-1892
Camp Director- Dana
7748 Clark Lake Road, Chelsea, MI 48118

Camps held- July 5 - August 20 for grades 1-6 9am-1pm

Summer day programs for elementary aged kids are hosted by Michigan Friends Center and run by experienced environmental educator, Rita Clithorne, and art teacher, Eva Leventer. Ongoing themes at Michigan Friends Center are exploring ideas about healthy local ecosystems, including the natural world as well as the local community, and thinking about how we impact our surroundings. Each week of programming will look at these topics.

Camp offerings- Nature Gnomes- July 5-9 grades 1-3
Mysteries of nature- July 12-16 from grades 4-6
What sounds do bugs make? August 9-13 for grades 1-3
Insect Art- August 16-20 for grades 4-6

Cost: $120 per week

Summers-Knoll Summer Camp

www.summers-knoll.org scook@summersknoll.org 734-971-7991
Camp Director - Shan Cook
Summers-Knoll School 2015 Manchester Road, Ann Arbor, MI 48104

Camps held- June 14 - August 27

Summers-Knoll Summer Camp: Adventure with our popular Escape camp: daily themed field trips take us to amazing locations! Experiment and discover with our Action camps: out-of-the-box academics with hands-on learning. Ask about our Star Wars Camp and The Court of King Arthur! Ages 4-12 are welcome!!!

Camp offerings- Escape Camp ages 6-12, Action Camp ages 4-7, Action Camp ages 8-12, Star Wars Camp, King Arthur's Court Camp

Cost: $219-$279 depending on camp Morning ($42 p/wk) and After Care ($75 p/wk) programs available

Michigan's Premiere Technology & Adventure Day Camp

Rocks and Robots

Ann Arbor, Bloomfield Hills and West Bloomfield

www.RocksAndRobots.com
734-645-0211

New Classes
New Adventures
Unlimitied Possibilities

♥ Summer Horse Camps 2010 ♥

CornerStone Acres, Too
6090 Dell Road, Saline
Horse Boarding and Riding Lessons
Monday-Friday, 8am to Noon
June 21-25, July 12-16, Aug. 9-13 & Aug. 23-27

- Safe, kind & dependable horses who love children; a staff of lifetime-experienced instructors
- Extensive riding with a 2:1 rider to instructor ratio; indoor & outdoor riding arenas & groomed trail.
- Focus on safety & fun: creating a positive riding experience & building self-confidence through achievement!
- Ages 5 & up; 10 rider/wk maximum
- Cost $300 per rider per week

Details and camp application at www.g4horsys.com
or by email to g4horsys@aol.com

Honey Creek, mimicking art

Photo by Amy Johnston

Talking Colors Summer Art School Camp

www.talkingcolors.com elena@talkingcolors.com
Contact- Elena Townsend-Efimova 734-995-5959
Nataliya Pryzant 734-528-4620
Rudolf Steiner School of Ann Arbor 2230 Pontiac Trail, Ann Arbor, MI 48105

Camps held- June 21 - August 23 M-F from 9am-11am or 11:30am-1:30pm

Camp offerings- Painting- water color, oil, Drawing- pencil, charcoal, ink, Clay, Silk Painting, Stained Glass and much more!

Cost: $200 per week materials included

Young People's Theater -- We Do Theater Camps: Summer 2010

www.youngpeoplestheater.com youngpeoplestheater@gmail.com 734-222-4006
Young People's Theater 359 Metty Drive, Ann Arbor, MI 48103

Camps held- June 28 - August 6 for ages 6-18

Come and spend them participating in something really special…
Explore the relationship of design, movement and script to theater…
Create theater… Work with other creative young people and teachers…
Become part of a real theater company... Find our how a theater works…
Hone your acting... Develop your ideas and yourself!

Camp offerings- Disney Musical Revue:
For All Our Rising Stars! June 28 - July 2, 2010
Willy Wonka! Beginning Camp's Exciting Musical July 19 - July 30, 2010
School House Rock Live! June 28 - July 17, 2010
Broadway Musical Revue: Enjoy Singing and Dancing? July 19 - July 23
Acting Intensive July 26 - 30, 2010
Audition Intensive: Ready, Prep, Go… August 2 - August 6, 2010

Cost: $250 per camp. Before and After care available

###

Honey Creek visits the Thomas H. and Polly W. Bredt Gallery

Photo by Amy Johnston

UNITY VIBRATION LIVING KOMBUCHA TEA
TASTE THE BEST KOMBUCHA IN THE WORLD RIGHT HERE IN MICHIGAN!
DELICIOUS~ORGANIC~ALL RAW
LOCAL~EFFERVESCENT~HEALTHY
INFUSED WITH SACRED SOUND VIBRATIONS
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LOVE HEALTH POSSIBILITY
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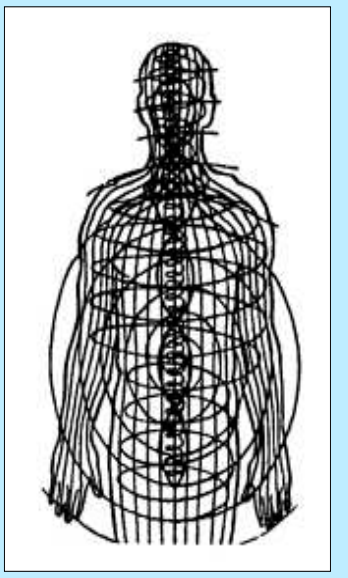

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Crazy Wisdom Kids

The Crazy Wisdom Community Journal Events Calendar for Kids

May through August 2010

A summer full of great things to do!

Tea with the Fairies at Crazy Wisdom Tea Room • Mother's Day, May 9 with one seating at 2 p.m. • Children and their families are welcome for tea and petits fours served by real-life fairies! Celebrate with our magical fairies as they serve tea, treats, and magic. There will be storytime read from books available from Crazy Wisdom Bookstore. Fairy attire is encouraged. Be creative! $10.50 per person. Tickets are available by stopping in to Crazy Wisdom or by phoning prior to event. Babies 18 months and younger free. For information, call 665-2757; ashley@crazywisdom.net or crazywisdom.net.

Buddha's Birthday: A Celebration for the Whole Family at Zen Buddhist Temple • May 22-23, 2010 (2554 B.E.) • Everyone is welcome to join us for part or all of this most festive Buddhist holiday. Call 761-6520; annarbor@zenbuddhisttemple.org.
May 22:
2:30 p.m. • Ninth Annual Poetry Event
6 p.m. • Vegetarian Entrees and Dessert Buffet with storytelling by Yvonne Healy and music by Joe Reilly. $12 adults, $30 family, $6 students/seniors.
May 23:
9:30 a.m. • Buddhist Religious Service including dharma talk, bathing the Baby Buddha, and contemplation of human life. Simultaneously, there will be a Children's Service and lantern dedications.
11 a.m. • Peace and Happiness Street Parade
1 p.m. • Mindful Communication
3 p.m. • Introduction to Zen Meditation
7:30 p.m. • Lotus Lantern Lighting and Chanting Service

24th Annual Buddhist Peace Camp with Zen Buddhist Temple • July 30-Aug. 4 at Friends Lake • Emphasizing peace, cooperation, mindfulness, and fun, children, parents, and other adults are welcome. We need counselors for various age groups. Advanced registration required. For complete information, call 761-6520; annarbor@zenbuddhisttemple.org.

Celebration of the Young Child at Rudolf Steiner School • June 6, 10 a.m.-Noon • Rudolf Steiner School hosts this annual festival that includes family activities, outdoor play, natural crafts, and a chance to wind your own colorful jump rope. Music will be provided by Ann Arbor favorite Gemini with special guest Emily Slomovits. The festival will take place at the Lower School Campus on Newport Road. Free. For more information, visit steinerschool.org.

Healthy Goals for Girls with Rudolf Steiner Health Center • July 12-16, 9 a.m.-4:30 p.m. • This is a diabetes prevention program for girls 10-14 years old. Includes a kitchen kit for each girl. For details and cost, call 663-4365.

Youth Karate with Barb Christensen at Mind, Body + Spirit Academe • Tuesdays, 6-8 p.m. and Thursdays, 4-6 p.m. • Karate classes for children. Little Dragons for ages 4, 5, and 6 on Tuesdays, 6:10-6:50 p.m. Youth Karate for ages 7-14 on Tuesdays, 7-7:50 p.m. and Thursdays at 4:15 p.m. and 5 p.m. $100 for Little Dragons eight-week session. $65 per month for Youth Karate, twice per week. Call 665-2840; BLChristensen@earthlink.net.

African Dance for Kids, Ages 7-12 with Jenabah Giacomelli at Tree of Life • April 4-June 7: Mondays, 5-6 p.m. • This class seeks to expose our young dancers to the vibrant fun of African dance as we feel the drum beat in our feet! Students will explore rhythm and time while learning about communication between the drum and dance. Class also includes an invigorating warm up that emphasizes correct stretching techniques and exciting movements, followed by across the floor combinations and simple step-by-step dance sequences. With songs and stories shared, this class is an enchanting look at the origins and meaning of African dance. $12 drop-in or $100 for ten weeks (may be pro-rated). Call Cheri Sing at 433-0697; info@treeoflifestudio.org or treeoflifestudio.org.

Hand Drumming for Kids, Ages 7-12 with Sundance at Tree of Life • April 5-June 8: Tuesdays, 4-5 p.m. • Share in the excitement of rhythms from around the globe! Learn basic hand drumming techniques as we explore the world of poly-rhythm. Develop skills in teamwork, playing music, building a community, and expressing oneself. Learn to improvise within the structure of tradition rhythms. Together, we will create "original arrangements" of traditional rhythms for ensemble performances and recitals. There is a neverending journey of life discoveries through rhythm! $12 drop-in or $100 for ten weeks (may be pro-rated). Call Cheri Sing at 433-0697; info@treeoflifestudio.org or treeoflifestudio.org.

Sing with Me! with Gari Stein • April 27-June 30: Tuesdays or Wednesdays, 9:15 or 10:45 a.m. • Musical enrichment for children birth to age 5 and the grownups who love them. Together, we will sing, chant, bounce, folk dance, play instruments, share hugs, and more. A research-based program that enhances development, learning, listening, and literacy. $140 includes four cds. Call 741-1510; Garistein@aol.com or little-folks-music.com.

Movement for the Special Needs Child, Ages 7-13 with Nia-Avelina Aguirre • Mondays: May 17-June 21 or July 12-Aug. 9, 4-5 p.m.; Wednesdays: May 19-June 16 or July 14-Aug. 11, 4-5 p.m. • A fun-filled class for the child with special needs. A variety of movement styles are explored to enhance your child's physical and emotional well being. $60. Call 998-1198; niaaguirre@aol.com.

Yoga for Kids Camp Ages 6-11 with Inward Bound Yoga • Aug. 9-12, 9:30-11:30 a.m. • For description and cost, call Adele at 248-931-0773; info@ibyoga.com or ibyoga.com.

Meditation and Markers with Jennifer Flowers • First Thursday of each month, 6:30-7:30 p.m. • Now is the time to give your children a gift they will forever cherish! This wonderful meditation class is geared to children ages 7 and up. We will be using guided imagery to relax our minds, allow creative energy to flow, and improve thought patterns. Following the meditation, the children may either journal or draw, whichever they choose. $12 each, and $6 for each additional family member. Call 734-416-5200; info@bodyworkshealingcenter.com.

Advanced Reiki for Kids (Orange Level) with Jennifer Flowers • Eight Sundays starting May 2, 6:30-7:30 p.m. • Learn Reiki principles, receive attunements, discuss hand placements, and work on ourselves. We will explore chakras one and two in depth. Advance to Yellow Level after this course. $15 per class. Call 734-416-5200; info@bodyworkshealingcenter.com.

Book Events at Chelsea District Library • All events are free. For more information and to register, call 475-8732.
Storytimes for ages 2-3 and ages 3-5 • May 24-June 13: Wednesdays, 10:30 a.m. and 11:30 a.m. • Stories, poems, songs, and a craft.
6-11 Club • May 10, 3:30-4:30 p.m. • Games and crafts for kids ages 6-11.
I Need to Read • May 24, 4-5 p.m. • Talks for kids ages 6 and up by community members about the need for reading in their careers.
Tween and Teen Mother's Day Gifts • May 5, 6:30-8 p.m. • Kids ages 10-15 invited to make a Mother's Day gift with materials provided.
Guys Read Book Club for ages 9-13 • May 26, 4-5 p.m. • Come discuss *No More Dead Dogs* by Gordon Korman.
Animanga Club for ages 12 and up • May 14, 21, 28; 3:30-5:30 p.m.

Book Events at Dexter District Library • All events are free. To register, call 426-4477.
Super Stories Book Club • May 12, 4:30 p.m. • Storytime for kids in grade K-2 with songs, crafts, and snacks.
Book Snackers Book Club for kids in grades 3-5 • May 8, 4:30 p.m.: Girls and their moms are invited to discuss *Mother-Daughter Book Club* by Heather Vogel Frederick with tea and scones. June 19, 4:30 p.m.: Boys and their dads invited to discuss *Knucklehead* by Jon Scieszka with refreshments.

Special Needs Movie Matinee at Saline District Library • May 2 and June 6, 1:15 p.m. • Sensory friendly film screenings with lights up and sound down for families with special needs kids. Kids are allowed to walk around and make noise during the show. Free. To register, call 429-5450.

Blue Turtle Nature Awareness and Wilderness Skills Day Camp for Kids ages 7-12 with Frank Levey and Larissa Czuchnowsky • June 28-July 2, July 12-16, July 19-23; 9-4 p.m. each day • In a playful environment designed to nurture the qualities of cooperation, inclusion, and friendship, campers will learn basic skills to provide shelter, water, food, and fire safely and directly from nature. Crafts, culinary adventures, games, and drumming round out the days experience. $295 for a full week. Call Larissa at 975-4448; czuchnow@aaps.k12.mi.us or BlueTurtleNatureCamp.com.

Blue Turtle Nature Awareness and Wilderness Skills Day Camp for Kids ages 4-6 with Frank Levey and Larissa Czuchnowsky • July 6-9; 9-Noon each day • See above description. $88. Call Larissa at 975-4448; czuchnow@aaps.k12.mi.us or BlueTurtleNatureCamp.com.

BollyFit Kids at Mind, Body + Spirit Academe • Tuesdays, 4:30-5 p.m. • Awaken to BollyFit Kids, where hearts pump to the energizing music of Bollywood and beyond and your sweet peas learn a dance number synthesizing traditional and modern steps. Cultural connections around the world are reinforced through fun visual aids. For BollyFit's highly competent and caring teachers, success is "to awaken a lifelong love of world dance and music in all children." Performance opportunities for registered students. $59 each session or $99 for combined sessions. Call Anuja Rajendra at 657-6680; info@bollyfit.com or anuja@bollyfit.com.

Music Together with Robin Robinson at Mind, Body + Spirit Academe • This is an internationally recognized early childhood music program for infants, toddlers, preschoolers, and the adults who love them. Registration includes twelve 45-minute classes, an illustrated songbook, and a cd. For dates, times, and cost, call 929-2133; director@robinsongsforkids.com or robinsongsforkids.com.

Clonlara Showcase and Open House at Clonlara Campus School • May 10, 6-7:30 p.m. • Come see what we actually do on campus. This event will allow you to visit our campus and see artwork, projects, and student works that relate to our curriculum. Meet the staff, parents, and students. Take a guided tour, ask questions, and view video presentations. Free. Call Martha Rhodes at 926-4617; martha@clonlara.org or clonlara.org.

Youth Yoga and Meditation Camps with Ema Stefanova • This classical yoga and meditation education will include "The Story of Yoga" history, dynamic yoga sequences, pranayam (yogic breathing), concentration, visualization, meditation, and question and answer periods. For cost, call 665-7801; EmaStefanova@cs.com or YogaAndMeditation.com
June 21-25, 12:30-2:30 p.m. for grades 6-9
June 28-July 2, 1-2:30 p.m. for ages 6-10
July 6-10, 1-3:30 p.m. for grades 6-9
Aug. 2-6, 10:30 a.m.-12:30 p.m. for grades 6-9 and 1:30-3 p.m. for ages 6-10

Arts and Crafts at My Urban Toddler • Daily • Each week, a simple craft is prepared for your child to make. Ask front desk for supplies. Free with daily admission. Call 734-944-3628; myurbantoddler.com.

Toddlers Storytimes at Ypsilanti District Library • Tuesdays and Wednesdays, 10:30 a.m. • Children ages 1 to 3 year old and their caregivers share a program that includes stories, songs, and action rhymes. Free. Call 482-4110; ypsilibrary.org.

Jump Start Storytime at Ypsilanti District Library • Thursdays, 10:30 a.m. • Stories reinforce basic concepts to jump-start preschoolers into learning. Free. Call 482-4110; ypsilibrary.org.

Stroller Strides at Briarwood Mall • Tuesdays-Thursdays, 9 a.m. • Stroller Strides is a total body workout that moms can do with their babies and toddlers (approximately six weeks to four years old). Taught by certified instructors who are also moms, it is a great workout for moms of all fitness levels. First class is free. Call 717-8744; strollerstrides.net/annarbor.

Tumble n Twist at Tree of Life • Wednesdays and Saturdays, 2 p.m. • This class gently stimulates body awareness, self-esteem, and socialization skills for ages 2-4. $12. Call 433-0697; treeoflifestudio.org.

Children's Storytime at Borders • Wednesdays, 10 a.m. • Borders staff reads from picture books and books for babies and toddlers. Free. Call 997-8884.

Children's Storytime at Nicola's Bookstore • Saturdays, 11 a.m. • An experienced storyteller spins yarns for the 7 and under set. Free. Call 662-0600; nicolasbooks@gmail.com or nicolasbooks.com.

Mr. Bones Books at Barnes and Noble • Saturdays, 11 a.m. • Bookseller, teacher, and librarian, Mr. Bones selects his favorite picture books and engages the children with questions, music, crafts, and more. Free. Call 973-1618; bn.com.

Free Dinosaur Tours at Exhibit Museum of Natural History • Saturdays and Sundays • Free 30-minute docent-led tours of the dinosaur exhibits. Tours begin at 2 p.m. Limited to 15 people. Free. Call 764-0478.

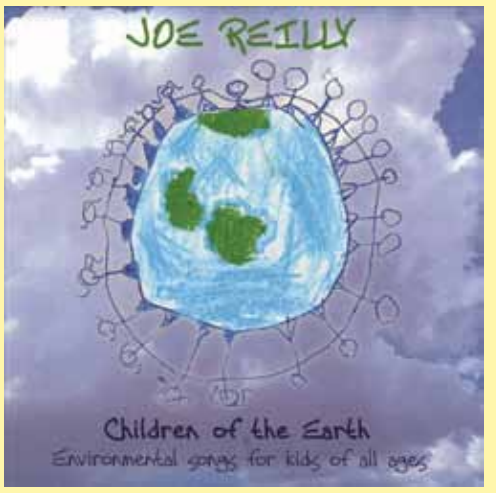
Capoeira for Kids with Manhoso at Tree of Life • April 8-June 10: Thursdays, 4-5 p.m. • Capoeira is an Afro-Brazilian art form that combines dance, martial arts techniques, and acrobatics. Capoeira is great for kids. It provides a fun workout in a cultural context. $100 for ten weeks or $12 drop-in. Call Cheri Sing at 433-0697; info@treeoflifestudio.org or treeoflifestudio.org.

Seventh Annual Teen and 20s Week with Frank Wheeler and Erich Moraine at Song of the Morning Retreat • July 10-17 • An extraordinary eight days of growth and laughter for teenagers and young adults. Come participate in a high awareness week of challenging projects, labyrinth building, videography, optional daily hatha yoga, meditation, and great fun. $150. Call Matt at 989-983-4107; office@goldenlotus.org or goldenlotus.org.

Jump for Joy with Stephanie Shepard and Amy Pfluecke at Song of the Morning Retreat • Aug. 20-22 • A magically fun introduction to spirituality for children 5-12. Activities include hatha yoga, mandala making, guided meditation, songs, stories, and a hike with picnic, and more. $50. Call Matt at 989-983-4107; office@goldenlotus.org or goldenlotus.org.

Children's Media Reviews
By Sarah Newland

Feeling Good Today cd
By Snatam Kaur
These songs and mantras for children are full of universal messages of love and positive affirmations for children and adults both. The lively group of children who sing the mantras (in English and Sanskrit) with Kaur bring these spiritual concepts effortlessly into children's lives. These songs are inspired by the teachings of Yogi Bhajan, whose lifelong work was dedicated to teaching children and adults how to live peacefully. I love this cd because of how it makes me feel, and it's particularly helpful with my perspective when my children wake up at 5:00 a.m. ready to start the day! $17.99 by Spirit Voyage

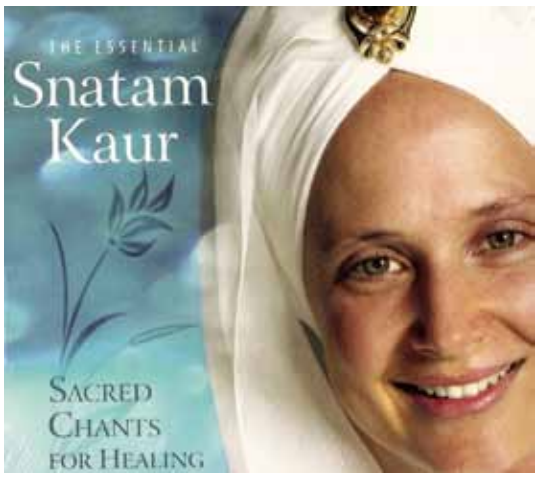


Children of the Earth cd
By Joe Reilly
Another beloved children's album is local musician Joe Reilly's environmental songs for kids of all ages. Reilly's lighthearted songwriting and fun vocals, along with children from the Leslie Science and Nature Center in Ann Arbor, makes you want to sing along and laugh at the same time. Favorites in our house include the quirky Oh Mosquito, The Robot Song, and The Declaration of Interdependence. We love Joe Reilly's music here at the store and think you will, too. $16.00

The Barefoot Book of Faeries with Storytime cd
Collected and Retold by Tanya Robyn Batt
What once was a single cd is now sold as a book set. Illustrated by Gail Newey, this paperback anthology of fifteen fairy stories and poems is wonderful to read aloud to slightly older children. The cd is perfect for rainy or sick days. Both of my children, ages 3 and 11, ask to hear the story cd often! The storyteller, from New Zealand, has an enchanting voice and the tales themselves are culturally and thematically diverse. $15.99 by Barefoot Books

Music Reviews

By Sarah Newland



The Essential Snatam Kaur cd

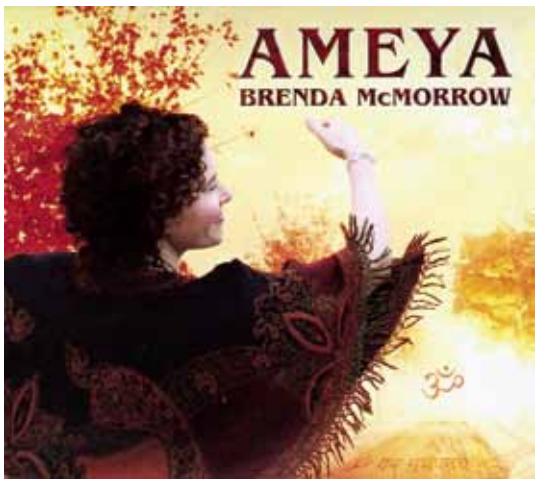
Sacred Chants for Healing

From one of the most recognized voices in the world of sacred chant comes a heartfelt collection of music for the soul. Immersed in the kundalini tradition since birth, Snatam – who has sold more than 350,000 records to date – has toured the world offering inspiring and uplifting music to sold-out crowds. With a gift for transforming Eastern traditional chants into contemporary sound that appeals to a wide variety of listeners, Snatam takes us on an inner journey through her favorite selections for healing, strength, and peace. With her crystalline vocals floating through a landscape of guitar, flute, violin, harmonium, tabla, and other traditional Indian instruments, The Essential Snatam Kaur offers listeners a blissful collection and personal testament to the beauty and power of sacred sound. Shelved with Chant music. *$17.98*

Blue Fire Soul cd

By Suzanne Sterling

Created for the yoga journey, Blue Fire Soul explores the universe of the body. Urban priestess Sterling's ecstatic chants conjure a soundscape of guitars, tablas, loops, and beats stretching from intimate to epic, inviting us to open the doors of perception and step into our true nature: fully alive, totally awake. Sterling is an ecstatic vocalist and composer whose devotional music has been called a "groove-loving and seductive journey into Spirit." She is also co-creator, with Seane Corn and Hala Khouri, of Off the Mat, Into the World, a project offering nationwide training programs and humanitarian tours combining yoga and sustainable activism. Shelved with Yoga music. *$16.98*



Ameya cd

By Brenda McMorrow

Discover the realm of soul-expanding kirtan through these captivating devotional songs, rich in modern melodies, luxuriant harmonies, world beats, acoustic guitar, and ancient Sanskrit mantras. East meets West on this lush, groove-filled voyage into the joyful ocean of Bhakti Yoga. Canadian singer/songwriter McMorrow has been performing music from a variety of traditions – from folk/pop to bluegrass to jazz – for over 15 years. During a transformational musical experience in India in 2006, she realized that her next step musically and spiritually would be to combine her own unique songwriting with sacred devotional chants. Since then, McMorrow has been following this divine wave of energy, exploring various sound and chant traditions and writing the melodies that now accompany some of her best-loved mantras. Shelved with Chant music. *$16.98*

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Look for us in new places!

In response to requests from our readers and advertisers, we have increased the circulation of The Crazy Wisdom Community Journal, and increased our distribution points, by 50%, starting with this issue!

And, check out our Digital version, online at crazywisdom.net.
(The direct link is: http://cwonline.squarespace.com/cw-journal/)

***The Crazy Wisdom Community Journal* -- Deep roots. Serving and celebrating the body/mind/spirit community in southeastern Michigan for 15 years. Editorial integrity. Depth of coverage. Local focus. Local writers, photographers, and illustrators. Here to stay.**

The Crazy Wisdom Calendar

A Free Guide to Local Classes, Workshops and Events

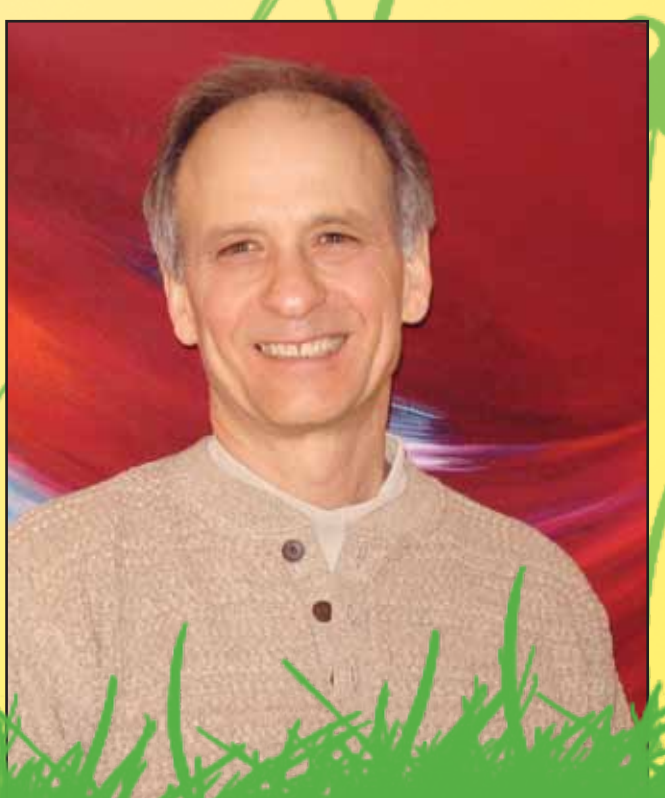
MAY through AUGUST 2010

Feldenkrais Practitioner
Joanna Myers on page 76

Sue Valiquett and Kate Lazuka
and their *Rock People* on page 7

Massage Therapist
Ann Zalek on page 26

Psychotherapist Lynn Sipher on
Mindfulness on page 60



Craig Parian of *Evolving Shiastu*
on page 9

The Crazy Wisdom Calendar

Acupressure, Shiatsu & Reflexology

Feel Your Life Force, Heal Your Body with Craig Parian of Evolving Shiatsu • May 8, June 12, July 10, Aug. 14; Noon at Crazy Wisdom Community Room • The conscious life force is focused to create and maintain the unified structure and presence of the body/mind. Explore how our perceptions impact its flow and our health. Learn how, through bodily awareness, attention, and some simple tools, we can support a natural, harmonious flow of energy and optimal health in our bodies. Free. Call 272-5020; evolvingshiatsu.com or cjparian@charter.net.

Evolving Shiatsu Healing Session with Craig Parian • May 8, June 12, July 10, Aug. 14; 1-4 p.m. at Crazy Wisdom Community Room • Reconnect and balance your body and energy field with an introductory shiatsu session. Includes an evaluation of your meridian energy grid and how thoughts, emotions, and life choices are impacting your health. $1 per minute with a 30 minute minimum; first 15 minutes free. Call 424-1192 or 272-5020; evolvingshiatsu.com or cjparian@charter.net.

Intro to Shiatsu with Craig Parian through Ann Arbor Institute of Massage Therapy • May 15-16, 9-5 each day • This introductory course of the Japanese healing art, shiatsu, is a system for healing and health maintenance. Originating in 2500 BC, it is still widely practiced today. In this class, the student will learn basic oriental philosophy, meditation guidelines, location of meridians, as well as some basic acupressure that can be integrated into other massage work. Open to the public. No prior massage experience necessary. $350. Call Sara Martens at 677-4430; aaimt.edu or info@aaimt.edu.

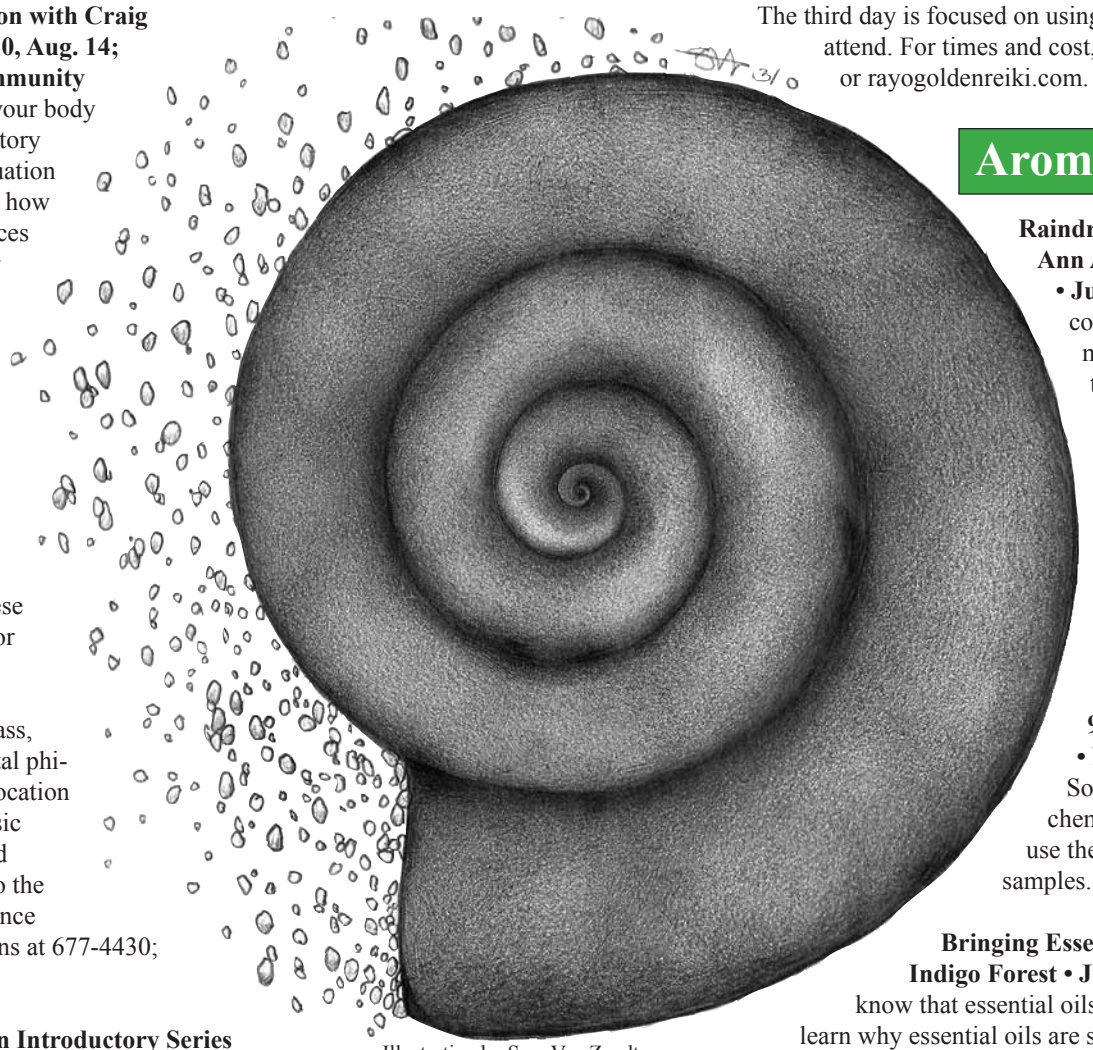


Illustration by Sara Van Zandt

Jomon and Shindo Exercise: An Introductory Series with Cynthia Conklin • May 11, 18, and/or 25; 5:30-6:30 p.m. • Cynthia will teach introductory Jomon and Shindo exercises, which combine energetic stretches with bodywork. Both are from the Kazuko Kuratomi system of Japanese healing. The Jomon work is based on Hirata Zones, an energetic theory that predates traditional acupuncture. Shindo, Japanese for "spiritual guidance", relies on the zen meridian system. $15 per class suggested donation. Call 417-9714; info@easternsunshiatsu.com or easternsunshiatsu.com.

Acupuncture

Peaceful Happy Hour with Ellen Porter through Body Mind Spirit Wellness Center • May 14, June 11, July 9, Aug. 13; 5:45-7 p.m. • Come try acupuncture with a new kind of happy hour. A wonderful, peaceful way to welcome the weekend. Ellen will administer ear acupuncture treatments in a group setting that are very effective at reducing stress and enhancing relaxation. $10. Call 845-2166; ellen@acuthrive.org or acuthrive.org.

Aging & Sageing

Healthcare in Aging Communities with Melba Beine of Weber Center • Aug. 27 at 7:30 p.m.-Aug. 29 at 1 p.m. • One focus of this presentation will explain "normal" aging and common medical conditions in persons over 65 years of life. Integrated into the talk will be the topic of medications encompassing over the counter, vitamins, and supplements. An additional focus will be given to end of life concerns including "living with grace", loss of independence, and death and dying. There will be time for questions and answers. $325 single occupancy, $225 double occupancy or $175 commuter. Call 517-266-4000; webercenter@adriandominicans.org.

Animals & Pets

Introductory Animal Communication with Carol Gurney • Aug. 7-8, 10-5 p.m. both days in Grass Lake • During this workshop, you will learn essentials of telepathic communication, first with each other, then with animals. You will learn that communicating with animals is something we can all do. $350 or $325 if received by July 10. Call Barb McConnell at 517-914-4133; mcconb51@bigplanet.com or GurneyInstitute.com.

Animal Healing with Ray Golden • June 12-14 or Aug. 6, 7, 9 • This class is oriented toward working with animals. The first two days are the traditional Reiki One class. The third day is focused on using Reiki with animals. Only people are to attend. For times and cost, call 663-9724, intuitivehealth@aol.com or rayogoldenreiki.com.

Aromatherapy

Raindrop Therapy with Cindy Haas through Ann Arbor Institute of Massage Therapy • June 6, 10 a.m.-2 p.m. • This workshop combines the art of aromatherapy with massage in the application of essential oils to various areas of the body. This therapy provides a revolutionary means of bringing balance and harmony to the body physically, mentally, and emotionally. The oils for a raindrop therapy session are included. $100. Call Sara Martens at 677-4430; info@aaimt.edu or aaimt.edu.

Therapeutic Uses of Essential Oils with Nia-Avelina Aguirre • May 22, 9:30 a.m.-Noon or June 27, 1-3:30 p.m. • Not all essential oils are created equally. Some oils are extracted via solvents and chemicals. Learn about pure oils and how to use them properly. $50 or $65 with take home samples. Call 998-1198; niaaguirre@aol.com.

Bringing Essential Oils to You with Nicole Paquin of Indigo Forest • June 8 or Aug. 10, 6:30-8 p.m. • Did you know that essential oils were mankind's first medicine? Come learn why essential oils are so amazing and how you can use them for health and home. $30 per person or $50 for two. Call 994-8010; Beth@VisitIndigo.com.

Art & Craft

STITCH: Crazy Wisdom Craft Night • First Tuesday of each month: May 4, June 1, July 6, Aug. 3 from 6:30-8:30 p.m. in the Crazy Wisdom Tea Room • Bring your knitting, embroidery, crochet or other handwork for a relaxed evening of crafting with a hot cup of tea. Enjoy inspiration from like-minded folks working on various projects, and devote two hours to finishing yours! This circle is just beginning and everyone is welcome to join at any time. Free. A pot of tea with free refills costs $3.75. For more information, please contact Sarah Newland at 665-2757, sarah@crazywisdom.net.

Sculpting the Human Portrait in Clay with Estela Monjo Boudreau at Windrise Retreat Center • July 24 or 31, 10 a.m.-6 p.m. • Learn techniques on how to create a head in clay and finish a portrait as you open to your creativity and soul. $200 includes a nutritious lunch. Call 313-407-0953; emo823@comcast.net or windrise.com.

Astrology

What's Up? Be Aware and Prepare with Leo Leo sponsored by the Southeast Michigan Astrologers' Round Table (SMART) • June 6, 2-4:30 p.m. • This lecture will discuss how current astrological transits reveal the course of the global economy and how your personal financial affairs may be impacted. Non-astrologers as well as beginning and advanced students will understand and appreciate this talk. A comprehensive multipage handout will be distributed, as is guaranteed only to those who preregister for this lecture. $10. Call Bon Rose Fine at 434-4555; bonrosefine@comcast.net or http://groups.yahoo.com/group/SMART NEWS/.

Peeling Away the Layers with Astrology with Geoffrey Hoebbel sponsored by SMART • July 11, 2-5:30 p.m. • Use ancient philosophy and Medieval astrology techniques to see yourself and others as the walking archetypes that we are. This knowledge is practical, liberating, and empowering. Anyone from novice to expert will be able to use the information in this three hour lecture. $15. Call Bon Rose Fine at 434-4555; bonrosefine@comcast.net or http://groups.yahoo.com/group/SMART NEWS/.

Chiron: Bridging the Gap with Elizabeth Hazel sponsored by SMART • Aug. 8, 2-4:30 p.m. • This lecture covers Chiron's complicated mythic background and a broad range of concepts and ideas that make it meaningful in astrology. Sample charts demonstrate how this oddball cometoid operates, and how it can be interpreted in natal charts and transits. $10. Call Bon Rose Fine at 434-4555; bonrosefine@comcast.net or http://groups.yahoo.com/group/SMART NEWS/.

Thursdays with the Original Astrologers and Friends coordinated by Bon Rose Fine and sponsored by SMART • Most Thursdays, 6:30 p.m. • Beginning in 2006, these weekly gatherings offer the astrological community a chance to network or chat about astrological matters. This is also a welcoming environment in order to trade readings with one another or offer mini readings to the general public. Free, with readings extra. For confirmation, call Bon Rose Fine at 434-4555; bonrosefine@comcast.net or http://groups.yahoo.com/group/SMART NEWS/.

Mercury, the Moon and Perception with Bon Rose Fine sponsored by SMART • May 23, 2-4:30 p.m. • The moon and Mercury in the natal chart serve as indicators that show how a person will filter and process information. This lecture will explore the significance of emotional insight and intellectual reasoning, and one's style of understanding the environment. Attendees who preregister will receive copies of their natal chart and personal information about their "mental chemistry." $10. Call Bon Rose Fine at 434-4555; bonrosefine@comcast.net or http://groups.yahoo.com/group/SMART NEWS/.

Introduction to Vedic Astrology (Jyotish) with Elizabeth Sullivan • Six Wednesdays, May 5-June 9; 7-9 p.m. • Jyotish translates as "light" - the "eye of the Vedas". It brings to light our karmas and provides a road map for our life's journey. Come learn the basic tools of this powerful and beautiful ancient science. $120. Call 971-2131; astrologerElizabeth@live.com.

Author Events

Book Signing and Talk with Howard Schubiner, Author of *Unlearn Your Pain: The 28-Day Process to Reprogram Your Brain* • May 6, 7 p.m. at Crazy Wisdom Tea Room • This book offers a new way to understand and treat individuals with chronic back and neck pain, fibromyalgia, tension and migraine headaches, irritable bowl and bladder syndromes, and many other disorders for which modern medicine has few answers. Using cutting edge research, this book demonstrates that the underlying reason for much chronic pain is nerve sensitization and learned nerve pathways, rather than actual tissue destruction. Free. For more information, call Rachel at 665-2757; rachel@crazywisdom.net.

An Evening with Debra Reble, Author of *Soul-Hearted Partnership: Creating the Ultimate Experience of Love, Passion, and Intimacy* • June 3, 7 p.m. at Crazy Wisdom Tea Room • Dr. Reble is the author of a powerful new book that offers clear and affirmative guidance for cultivating relationships with the self and others. This is a coherent, well-written account that guides readers in becoming their own best soulmate, and then energetically drawing to themselves healthy, whole, and soulfully alive partners. Come and hear her spiritual message, and be introduced to a book that has the potential to change the world for the better! Free. For more information, call Rachel at 665-2757; rachel@crazywisdom.net.

Book Signing and Talk with Elaine Grohman, Author of *Angels and Me: Experiences of Receiving and Sharing Divine Communications* • June 10, 7 p.m. at Crazy Wisdom Tea Room • Elaine will share her experiences as both an angel reader and an energy healer. Free. For more information, call Rachel at 665-2757; rachel@crazywisdom.net.

Literama! Ann Arbor Book Festival • May 14, 7 p.m. • This evening full of poetry - young people, children, and two guests: Aracelis Girmay and Rachel McKibbens - come together in fundraiser for the Ann Arbor Book Festival. Annual awards also presented. $5. Call Kathy Robenalt at 369-3366; wroben3357@aol.com or aabookfestival.org.

Breakfast with the Authors at the Ann Arbor Book Festival • May 15, 8:30-9:45 a.m. • Attendees have the opportunity to meet and share a meal with a group of authors featured as guests at the Ann Arbor Book Festival. $20. Call Kathy Robenalt at 369-3366; wroben3357@aol.com or aabookfestival.org.

The Essence of Reality Lecture and Book Signing with Thomas Daniel Nehrer • July 4, 1-3 p.m. • In his book, *The Essence of Reality*, Tom examines life from a unique, clear vantage point. Based on an understanding that whatever you believe in will seem to be true, perspectives offered here break through limiting concepts of archaic religions and traditional philosophies, as well as common New Age distortions and illusions innate to Eastern thinking. No new philosophic paradigm is proposed - only observations. Free. Call Lotus Page at 313-640-8449; lotus711@yahoo.com or http://tsdetroit.org.

Healing From Economic Grief: Author Talk with Marsha Stopa • May 12, 7-9 p.m. • The economic crisis in the United States has significantly changed many people's lives and dreams. People have lost jobs, homes, and retirements. Significant loss of any kind is accompanied by a grieving process, a period of working through our circumstances, trying to make sense of the changes and transitioning to a new way of being, doing, and having. This class will help define where you are in the stages of grief, and is based on The Lemonade Network's *Emotional Stimulus Package: Your Guide to Re-Creating the American Dream*. Marsha Stopa is one of the authors. $10 with handout included. Call 248-320-0044; http://winterbluescoach.com/.

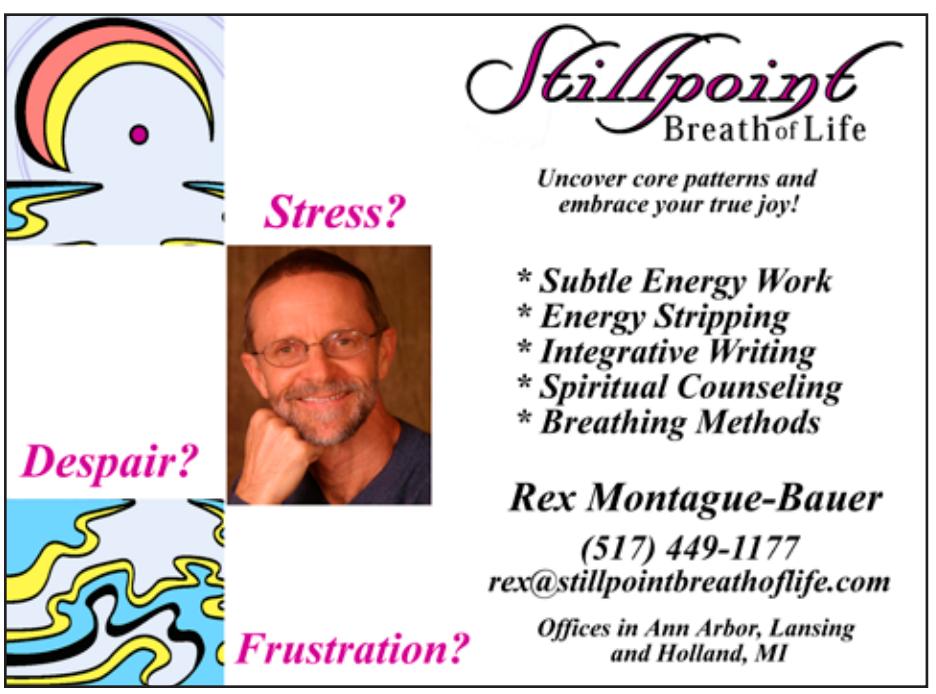
Ayurveda

Grassroots Ayurveda with Jessica Snyder • May 21, 6:15-8:30 p.m. • Ayurveda is a 5,000 year old science of living in harmony with one's surroundings. It is a healing system as vast as it is old. This class will explore the 5 elements which are the foundation of Ayurveda theory, and present simple ways to apply Ayurveda to your daily life. Free. Call 904-7555; earthscradle@gmail.com or earthscradle.com.

Ayurveda with Lalita Devi at Be in Awe • Aug. 6-12 • Lalita Devi will offer a brilliant introduction to ayurveda medicine, as well as consultation and treatments. For costs, call Jody Tull at 213-0435; info@beinawe.com or beinawe.com.

Ayurvedic Workshop: Beauty Tips and Tricks with Shannon Walter • May 14, 6-8 p.m. • This workshop will include personal assessments to better understand your basic doshic constitution. Ayurvedic tips will be given to balance doshas for optimum health and beauty. $25. Call 730-6729; swalter@cfigroup.com.

If you are interested in obtaining some biographical information about the teachers, lecturers, and workshop leaders whose classes, talks and events are listed in this Calendar, please look in the section which follows the Calendar, which is called "Background Information" and which starts on page 90.



The Crazy Wisdom Calendar

Psychotherapist Lynn Sipher

"Mindfulness cultivates a non-adversarial relationship to symptoms."

Falling Awake: Mindfulness for Depression and Anxiety

Bill Zirinsky: Lynn, you've been teaching a class called *Falling Awake: Mindfulness for Depression and Anxiety*. Tell us about it.

Lynn Sipher: The class is centered around the idea that we are often living on automatic pilot: our minds in one place, our bodies in another. Autopilot is what happens when we hear a person's name one minute and can't remember it the next or when we have just finished eating a snack and don't remember eating. In Falling Awake classes, people living with depression and anxiety are learning to become more aware of their moment-to-moment experience without judging it. Many people who live with anxiety and depression believe they are only too aware of these states. What they discover, however, is that these states actually creep in subtly when they are on autopilot; when they aren't paying attention. Once people have awareness that anxiety and depression are present, this approach helps them create a space to decide what they are going to do next. Falling Awake is built on two therapeutic approaches: Mindfulness-based Cognitive Therapy for Depression (MBCT) and Acceptance and Commitment Therapy (ACT).

BZ: Are your classes for people in the midst of a depressive episode? And are your classes group therapy?

Lynn Sipher: People in the midst of a depressive episode will probably not have the mental energy or motivation to practice sitting meditation and other exercises that help build awareness. The class is designed for people who are feeling better than they once were after an episode of depression and want to build skills to prevent another possible episode. Unless someone is too anxious to be in class, most anyone with anxiety can benefit. The classes are educational and practical in nature. I teach formal and informal skills of mindfulness. *Falling Awake* is not a substitute for individual therapy nor is it group therapy.

You mentioned to me that in your classes, you are encouraging people to not cultivate meanness toward their anxiety and depression, and to notice their experiences and be curious about them. Can you elaborate on that, and in doing so, share with us the essence of what you are trying to offer people who come to your 8-week class on *Mindfulness for Depression and Anxiety?*

Sipher: What I invite in *Falling Awake* is a kind, compassionate, patient, and accepting approach to what is happening inside of us; what is already there. It only makes things worse if we are feeling lousy and then beat ourselves up about it; or think we shouldn't be experiencing what we are experiencing. Mindfulness cultivates a non-adversarial relationship to symptoms. If a symptom is there, we might allow it to come and go. We may learn, for example, to become curious about the ways the intensity changes or become aware of the ways it manifests in our bodies. It seems the more present andaware we are as we go through unpleasant experiences, the less "hold" they have on us. It's a radical idea. Try it with an itch sometime. Using mindfulness, you can actually ride the waves of an itch without scratching it.

You mentioned to me that people who suffer from depression are living with a chronic condition, and that "people are often fused with their depression." What do you mean by that, and what kind of exercises might you do, in the class, related to that insight?

Sipher: *People living with anxiety and depression often identify with these conditions as if it is all of who they are. "I am depressed." "I have anxiety." One exercise that helps separate them from identifying so closely with these conditions is being able to name the specific thoughts that are associated with them. "I'm a failure" and "I'm weak" are common for depression. "I can't handle it" and "What if…?" are common for anxiety. Stepping back from these sweeping thoughts and recognizing them as simple mental events, not facts, is a practice that gives thoughts less power.*

Do people in the class learn to meditate? And, if so, what kind of meditation?

Sipher: *People in the class learn mindfulness meditation approaches every week. Mindfulness meditation is likened to a searchlight, illuminating what is in the field of awareness. Thoughts, feelings, body sensations, impulses and urges, and memories may arise. Our task is to notice what's in the field and gently bring ourselves back to the vehicle for meditation, which is often the breath.*

Is it satisfying for you to be working with depression and anxiety in this manner?

Sipher: I love teaching this class! I love witnessing people waking up to a different relationship with depression and anxiety. It's great to watch the unfolding understanding that depression and anxiety are simply aspects of the internal landscape at any given moment. They can live their lives fully, according to what they value, even if anxiety and depression are present. I am observing people becoming less oppressed by these conditions. It is an honor and privilege and, actually, a bit of a thrill to witness these kinds of shifts.

I know you were recently at a weeklong training on this subject. Please tell us a bit about that.

Sipher: The training was designed for mental health professionals interested in learning how to teach MBCT. There was an emphasis on facilitators having a personal mindfulness practice. We spent many hours in silence: meditating, mindful movement and even eating. Between periods of silence, the teaching/training happened. Over the last day and a half, we taught each other. We had the support and supervision of the three trainers, one of whom was Zindel Segal, Ph.D. -- a researcher and author of MBCT.

Can you elaborate on the distinction between a mindfully informed therapy practice, and mindfulness-based psychotherapy?

Sipher: In a mindfully informed practice, therapists have their own mindfulness practices and often read literature on mindfulness and psychotherapy. The knowledge from those activities informs their work. Clients would not necessarily realize this influence any more than other

3 Books on Mindful Approaches to Anxiety and Depression

The Mindful Way through Depression by Williams, Teasdale, Segal and Kabat-Zinn. This book includes a CD with meditations by Kabat-Zinn.

Full Catastrophe Living by Jon Kabat-Zinn. The original book on mindfulness-based stress reduction.

Calming Your Anxious Mind by Jeffery Brantley. A mindful approach to anxiety.

(These books are available at Crazy Wisdom.)

"I love witnessing people waking up to a different relationship with depression and anxiety."

Lynn Sipher's *Falling Awake* class will next be offered starting on September 30th.

influences unless they asked specifically. In mindfulness-based psychotherapy, therapists are teaching specific mindfulness skills (such as sitting meditation) during sessions.

How long have you been meditating?

Sipher: *Since 2001.*

How has a regular meditation practice changed your own daily life, and how has it affected or deepened your life overall?

Sipher: I find that I am less reactive to life's inevitable difficulties. When unpleasant events arise, I am more accepting of the way things are in the moment and paying more attention to my internal responses. I am able to more calmly think through my choices. One of these choices may be to focus on the breath, which creates a little more space for the mind and body to tap into the wisdom inherently there.

What do you most love about Ann Arbor in the springtime?

Sipher: I look forward to getting back to the Farmer's Market after winter hibernation. I enjoy seeing the growers with their newly budding plants and the possibilities they represent. I love supporting local vendors. Sometimes I just go for a sensory massage: colors, textures, and smells. It's also fun bumping into people I know. I appreciate being part of this community.

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(Lynn Sipher, LMSW can be reached at 734-332-3365 or www.lynnsipher.com)

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Bodywork

Feldenkrais Awareness Through Movement Classes with Joanna Myers • Mondays, 7-8 p.m. and Wednesdays, Noon-1 p.m. • Join our ongoing Awareness Through Movement Class and relieve pain, reduce stress, and vastly improve your co-ordination and comfort level. Feldenkrais Lessons retrain the brain and body through gentle movement and attention, done at your own pace. $90 for six class series or $20 drop in. Call 395-8486; joanna@feldannarbor.net or feldannarbor.net.

Protect Your Health and Release Stress with Alexander Technique with Alice Greminger • First, Third, and Fourth Wednesdays of each month; 7 p.m. • Just as Alexander Technique helps performers and athletes overcome performance anxiety and mental/physical blocks to excellence, it also helps all of us destress and function at our highest level. Learn how to use your body's design for free, effortless movement in all your activities. No class Aug. 18. $15. Call 665-0849, agreminger1@gmail.com or agreminger.musicteachershelper.com.

Improve Your Movement, Renew Yourself with Alexander Technique with Alice Greminger • May 12 or June 9, 7-9 p.m. • Experience how Alexander Technique releases old tensions, giving new energy to you and all your activities, from quiet activities such as computer work and walking, to complex activities such as sports and performing. Alexander Technique helps with injury recovery and prevention and, as a person becomes freer physically, personal well being and creativity are enhanced. $30. Call 665-0849, agreminger1@gmail.com or agreminger.musicteachershelper.com.

Feldenkrais Method Awareness Through Movement Group Class with Dale Jensen • Tuesdays, 9:30-10:30 a.m. and Wednesdays, Noon-1 p.m. • Rediscover your ability to move with ease, comfort, and coordination in this ongoing group Feldenkrais class. Themes include improving posture, reducing back pain, reducing shoulder and neck tension, relaxation, improving walking, running, and other athletic pursuits, breathing, recovering from injury, and more. Class is different each week. Join anytime. $15 drop in or five for $60. Call 646-9368; dale@mindbodymove.com or mindbodymove.com.

BodyTalk Access with Mary Shields • May 1, 10 a.m.-6:30 p.m. • BodyTalk Access provides the layperson, family, and community with a simple set of energy-based techniques to make health maintenance and the management of daily health challenges accessible. A majority of day-to-day health and stress-related concerns can very easily be addressed with the BodyTalk Access routine, when done on a regular basis. $125. Call Jackie Kilburn at 810-231-9042; jumpin@chartermi.net or bodytalk-system.com.

Back Care for People in Pain: Put the Spring Back in Your Spine with Judith Stern • June 19, 1:30-3 p.m. • This free workshop will teach basic self-care principles for managing and preventing chronic back pain. Participants will have the opportunity to experience hands-on Alexander Technique instruction. Free with preregistration necessary. Held at Education Center at St. Joseph Mercy Hospital. Call 761-2135; jheirich@umich.edu or http://altMD.com/specialists/Judith-Stern.

Cranialsacral Therapy for Children with Linda Diane Feldt • May 5 and June 30, 10-11:30 a.m. • This is one of two continuing classes you can take to build on a basic understanding of infant massage, the other being Polarity Therapy and Energy Techniques. $15-$20 sliding scale. Call Indigo Forest at 994-8010; Beth@VisitIndigo.com.

Book Discussion Groups

Crazy Wisdom Bookstore Monthly Book Discussion • 7 p.m. at Crazy Wisdom Community Room • Join our monthly book discussion group. Each month, a different book is chosen for reading and discussion. Purchase the book in advance for the discussion group and receive 30% off purchase of the current month's title. It is recommended to read the book before meeting. All are welcome; just show up! (Authors absent from events.) Call 665-2757, information@crazywisdom.net.
May 14 • *When Fear Falls Away: The Story of a Sudden Awakening* by Jan Frazier
June 11 • *Inflammation Syndrome: Your Nutrition Plan for Great Health* by Jack Challem
July 23 • *The Plan: Big Ideas for Change in America* by Rahm Emanuel
Aug. 13 • *Your Right to Know: Genetic Engineering and the Secret Changes in Your Food* by Andrew Kimbrell Center

Jewel Heart Readers • May 11, June 8, Aug. 10; 7-8:30 p.m. • Enjoy lively discussion on monthly dharma-related book selections with fellow sangha. Free with donations welcome. Call 994-3387; programs@jewelheart.org or jewelheart.org.

Book Study: *Esoteric Buddhism* by A.P. Sinnett with Marina Sionov • Second Monday of each month, 7 p.m. • This theosophical classic constitutes one of the earliest explorations of karma and reincarnation and other terms previously almost unknown in the West. We are a small group of serious minded students dedicated to the pursuit of an indepth understanding of the great teachings. Free. Call Lotus Page at 313-640-8449; lotus711@yahoo.com or http://tsdetroit.org.

The Crazy Wisdom Calendar

Book Discussion Groups (continued)

Studies in the Secret Doctrine with Mara Radzvickas • Tuesdays, 7-9 p.m. • An in-depth study of the foundational work of Helena Petrovna Blavatsky. Drawing on the vast range of resources available through the library of the National Headquarters of the Theosophical Society in America, we will begin our study with selected excerpts from the ten-part video series by noted theosophist scholar Joy Mills entitled The Secret Doctrine - 100 Years Later. We will expand upon the ideas presented in the video with a range of additional materials such as the original text of HPB's The Secret Doctrine, as well as commentaries by theosophists Ed Abdill, Robert Ellwood, John Algeo, and others, as we take our first steps toward the deeper waters of esoteric thought. Free. Call Lotus Page at 313-640-8449; lotus711@yahoo.com or http://tsdetroit.org.

The Yoga Room's Book Club with Christy DeBurton • Date in June to be announced • Join us as we take our yoga practices to a deeper level by reading and discussing books on yoga philosophy, spirituality, and other holistic topics. Free. Bring a vegetarian dish to pass for an hors d'oeuvres potluck. Call 761-8409. For a list of upcoming book selections and meeting dates, visit christydeburton.com or info@christydeburton.com.

Breathwork

Transformational Breathwork Drop-In Sessions with Frank Levey • Ongoing Tuesdays, 9:30-11 a.m. • Transformational Breathwork is a powerful self-healing modality that opens and corrects restricted breathing patterns, allowing for release and interaction of physical, mental, and emotional barriers that limit our optimal health and well being. Each class will have an hour long breath session where participants will learn and experience the benefits of this wonderful tool. $25 with no one refused for financial reasons. Call 657-8742; frank@awakenedbreath.net or awakenedbreath.net.

Transformational Breathwork Drop-In Sessions with Frank Levey • Ongoing Tuesdays, 7:30- 9 p.m. • Transformational Breathwork is a powerful self-healing modality that opens and corrects restricted breathing patterns often caused by birth and early childhood trauma. This process allows for the release and interaction of physical, mental, and emotional barriers that limit our optimal health and well being. Each class will have an hour long breath session where participants will learn and experience the benefits of this wonderful tool. $25 with no one refused for financial reasons. Call 657-8742; frank@awakenedbreath.net or awakenedbreath.net.

Integrative Breathwork with Linda Adamcz • Aug. 28, 10 a.m.-6 p.m. • A musical journey for insight, emotional healing, and creativity that can assist with life changes, grief/loss, job stress or burnout, trauma and abuse, depression or addictions. $80. Pregregistration necessary. Call 269-388-2988, lkadamcz@juno.com or adamczassociates.com.

Transformational Breath Sessions with Julie Wolcott and Marcia Bailey • May 7, June 25, July 26, Aug. 27; 7:30-9:30 p.m. • These classes are designed to create community and support for experienced Transformational Breathers. A group breathing session will be offered, followed by an integration process. $30 each class. Call Julie at 355-1671 or Marcia at 395-4799; jlwolcott@aol.com or mbailey@tm.net.

Heart Chakra Opening through Transformational Breathing with Julie Wolcott and Marcia Bailey • May 15, 10-4:30 p.m. • This class is designed to empower participants in successfully using the Transformational Breath on a regular basis, with a focus on opening the heart chakra. Two 45-minute group breathing sessions will be included followed by an integration process. Two short meditations, including a Loving Kindness meditation, will also be included to further encourage inner reflection. Appropriate for those who have experienced one or more Transformational Breath sessions. $100. Call Julie at 355-1671 or Marcia at 395-4799; jlwolcott@aol.com or mbailey@tm.net.

Transformational Breathing Introductory Workshop with Dave and Pat Krajovic • June 14 or Aug. 17; 7-9:30 p.m. • Andrew Weil says that breathing is the most important thing you can do for optimum health. Learn what the breath can do for you, not just to restore health, but to bring a renewed sense of vitality, optimism, and joy to your life. Soothe your soul and free your spirit with this powerful breath session. $50. Call 734-416-5200; info@bodyworkshealingcenter.com.

Personal Transformational Seminar Part 2 & 3 with Dave and Pat Krajovic • Aug. 13-15, 9 a.m.-6 p.m. • Create amazing shifts in health, awareness, and well being by learning to master your breath. The weekend focuses on the physical level of Transformational Breathing and includes five facilitated breath sessions as well as the 5 Tibetans, abundance, power of intention, diaphragmatic breathing, toning, and breath pattern analysis. $750. Call 734-416-5200; info@bodyworkshealingcenter.com.

Group Breath Sessions with Dave and Pat Krajovic • May 19, June 30, Aug. 11; 7-8:30 p.m. • This class is for experienced breathers who just want to deepen the benefits of conscious breathing by developing a consistent breath practice. This workshop will consist of intention setting, a facilitated breath session, and closing with sharing and integration. $25. Call 734-416-5200; info@bodyworkshealingcenter.com.

Deepen Your Meditation with Transformational Breathing with Dave and Pat Krajovic • Aug. 30, 7-8:30 p.m. • If you have trouble keeping focused in your meditation, try Transformational Breathing. Many people who could not meditate effectively before can do so now that they have learned to breathe. Group breath session. $25. Call 734-416-5200; info@bodyworkshealingcenter.com.

Healing the Planet through Meditation, Blessing, and Conscious Breathing: A Transformational Breathing Event with Dave and Pat Krajovic • July 22, 7-9 p.m. • The planet is in flux; weather patterns have been altered. Connect with Mother Earth while you help heal her through blessings, prayer, meditation, and conscious breathing. You will heal yourself in the process. This meditation and breathing event will be held outdoors. $29. Call 734-416-5200; info@bodyworkshealingcenter.com.

Rebirthing/Transformation Breathing Water Session with Dave and Pat Krajovic • June 16; 7-9 p.m. • If you are looking for a catalyst to set things free, then come breathe with us in the water. The heat of the water brings buried emotions up for integration and the weightlessness of the water recreates the womb experience, creating the space for one of the most powerful ways to resolve repressed emotions. Only for serious aspirants who are ready for a quantum shift need register. Must have previous conscious breathing experience. $47. Call 734-416-5200; info@bodyworkshealingcenter.com.

Buddhism

Sukhavati: The Realm of Bliss with Lama Karma Drodul at Ann Arbor Karma Thegsum Choling Buddhist Meditation Center • May 7, 7 p.m. • It is taught that, because of the aspiration of the Buddha Amitabha, anyone with compassionate intention and genuine aspiration will be reborn in Sukhavati (Dewachen in Tibetan) - the Buddha Realm of Amitabha - and attain realization. Free. All are welcome. Call Pat Forsberg-Smith at 761-7495; aaktc@yahoo.com or http://www.kagyulineage/centers/usa/usa-ann.php.

The Aspiration for Rebirth in Sukhavati: The Realm of Bliss with Lama Karma Drodul at Ann Arbor Karma Thegsum Choling Buddhist Meditation Center • May 8, 10-Noon and 2-4 p.m.; May 9, 10-Noon • Lama Karma will teach on the traditional aspiration prayer that has been used for centuries to focus the aspiration for rebirth in Sukhavati - the Buddha Realm of Amitabha, the Realm of Bliss. $20 per half day session or $50 for the complete teaching. Call Pat Forsberg-Smith at 761-7495; aaktc@yahoo.com or http://www.kagyulineage/centers/usa/usa-ann.php.

Weekly Meditation with Rev. Jay Rinsen Weik and Rev. Karen Do'an Weik at the Toledo Zen Center • Wednesdays, 7:15-9:15 p.m. • Join us for zazen (sitting), kinhin (walking meditation), and a dharma talk or dokusan (interview with a teacher) every Wednesday. Newcomers will receive beginning instruction in Zen meditation and orientation to the Center. By donation. Call 419-861-1163; info@toledozencenter.org or toledozencenter.org.

One Day Workshop with Rev. Jay Rinsen Weik at the Toledo Zen Center • May 16 and July 11 • These one day retreats cover various topics of dharma study and how those topics pertain to our daily lives. This session of the series explores The Paramitas. Zazen is practiced from 9-Noon. The afternoon workshop is held from 1:30-4:30 p.m. $25. Call 419-861-1163; info@toledozencenter.org or toledozencenter.org.

Four Day Workshop with Rev. Jay Rinsen Weik and Rev. Karen Do'an Weik of the Toledo Zen Center • June 10-13 and Aug. 26-29, Thursday at 7 p.m. through Sunday at 1 p.m. • One of our most popular retreat offerings, the weekend retreat is held over four days and offers intensive study of the self. You are welcome to attend the retreat for shorter periods if you cannot attend the full retreat. $225. Call Joko Sankowski at 419-386-7830; janis_sankowski@yahoo.com or toledozencenter.org.

Buddha's Birthday: A Celebration for the Whole Family at Zen Buddhist Temple • May 22-23, 2010 (2554 B.E.) • Everyone is welcome to join us for part or all of this most festive Buddhist holiday. Call 761-6520; annarbor@zenbuddhisttemple.org.
May 22:
2:30 p.m. • Ninth Annual Poetry Event
6 p.m. • Vegetarian Entrees and Dessert Buffet with storytelling by Yvonne Healy and music by Joe Reilly. $12 adults, $30 family, $6 students/seniors.
May 23:
9:30 a.m. • Buddhist Religious Service including dharma talk, bathing the Baby Buddha, and contemplation of human life. Simultaneously, there will be a Children's Service and lantern dedications.
11 a.m. • Peace and Happiness Street Parade
1 p.m. • Mindful Communication
3 p.m. • Introduction to Zen Meditation
7:30 p.m. • Lotus Lantern Lighting and Chanting Service

Two Sunday Services at the Zen Buddhist Temple • 9:30-11 a.m. and 4-5:30 p.m. • Open to the public every Sunday. Morning meditation service consists of two periods of meditation and a talk. Afternoon dharma service has two shorter periods of sitting meditation, sometimes walking meditation, reflection, chanting, a short talk, and question and answer session. You can sit on a mat and cushion or on a chair. Please dress in loose, comfortable clothing. By donation. Call 761-6520, annarbor@zenbuddhisttemple.org.

Introductory Zen Meditation Course at the Zen Buddhist Temple • Five Thursdays starting May 27 or July 15 6:15-8:30 p.m. • The viewpoint of Zen is that life lived fully in each moment is the end and purpose in itself, and not the means for something else. Held in the Temple's meditation hall, the course includes simple stretching exercises, work with the breath, meditation postures, concentration, and mindfulness practice. $160 or $120 students. Call 761-6520, annarbor@zenbuddhisttemple.org.

Overnight Introductory Meditation Course at the Zen Buddhist Temple • July 16, 7 p.m. to July 17, Noon • This format is primarily for out-of-towners, but local people who cannot attend the Thursday evening course or who prefer the overnight retreat are also welcome. $160 includes accommodation and vegetarian meals. Call 761-6520, annarbor@zenbuddhisttemple.org.

One-Day Zen Meditation Retreat at Zen Buddhist Temple • May 8 and Aug. 7, 9-5 p.m. • Sitting and walking meditation, simple manual work, vegetarian meals, and rest - an interval of deepening, of slowing down, silence, and mindfulness. $60 includes meals. Call 761-6520; annarbor@zenbuddhisttemple.org.

Annual Summer Lecture Series at Zen Buddhist Temple • 7:30 p.m. • These lectures will follow our Open House and Garden Tour from 3-7:30 p.m. • $10 suggested donation per lecture. Call 761-6520; annarbor@zenbuddhisttemple.org.
July 20 • An Overview of Buddhist Art with Carolyn Putney
July 24 • Chan/Zen Buddhism: A Scholarly Approach with Benjamin Brose

Visitor's Program and Residential Opportunities at the Zen Buddhist Temple • Ongoing • The Visitor's Program is for people who want to spend some time living in the Temple to cultivate their practice. They follow the schedule and participate in Temple programs in the mornings and/or evenings. The program is geared to personal needs and wishes. One can seriously pursue one's spiritual path or simply seek peace and harmony in a wholesome environment. Prior arrangements with the Temple director is necessary. The program is usually available throughout the year. Call 761-6520, annarbor@zenbuddhisttemple.org.

The Four Noble Truths with Jewel Heart Instructors • Wednesdays, June 9-Aug. 4; 7-8:30 p.m. • This course introduces Buddha's revolutionary message that suffering can come to an end through one's own efforts. Following Gelek Rimpoche's transcript, Four Noble Truths, participants rely on readings, discussion, and meditation. No class June 30. $80. Call 994-3387, ext. 223; programs@jewelheart.org.

Creating Space: Clarity and Insight through Meditation with Jewel Heart Instructors • Thursdays: June 10-Aug. 5, 7-8:30 p.m. • Meditation provides us with a clear, stable mind, necessary for a happy life and the foundation for deepening our spiritual journey. This course offers hands-on experience with the basic elements of meditation using the breath, posture, and techniques for coping with distractions and laxity of mind. No class July 1. $80. Call 994-3387, programs@jewelheart.org.

The Three Principles of the Path Section 3 with Jewel Heart Instructors • Wednesdays, May 19-July 14; 7-8:30 p.m. • This is a condensed summation of the path to enlightenment, which includes the determination to be free, unlimited compassion, and wisdom. Gelek Rimpoche's transcript, The Three Principles of the Path, serves as course material for this six-month course offered in three sections. No class June 30. $80. Call 994-3387, programs@jewelheart.org.

The Swift Path (Nyur Lam) Weekend Teachings with Gelek Rimpoche • May 14-16: Friday 7:30-9, Saturday 10:30-Noon and 2-5 p.m., Sunday 10 a.m.-1:30 p.m. • The Swift Path was composed by the 3rd Panchen Lama and succinctly lays the ground for spiritual development through clear and relevant topics for visualization and analytical meditations. $30. Also offered are live broadcast weekends: June 11-13 video broadcast from New York and July 30-Aug. 1 video broadcast from Cleveland. Call 994-3387, programs@jewelheart.org.

Sunday Morning Talks with Gelek Rimpoche and Jewel Heart Instructors • Sundays, May 2-Aug. 29; Talk 10-11 a.m. and Tea 11-11:30 a.m. • Join us for a taste of Buddhism through introductory talks on contemporary issues, followed by tea and cookies or brunch. Open to all. Free with donations welcome. Call 994-3387, programs@jewelheart.org.
May 2 • A Meaningful Life
May 9 • Cherishing Heart
May 16 • From Habit to Awareness
May 23 • Reincarnation: Fact or Fiction?
May 30 • Being Spiritual
June 6 • Choosing a Spiritual Master
June 13 • Sunday Talk with Gelek Rimpoche: Broadcast from New York
June 20 • Morality Today
June 27 • Sunday Talk with Gelek Rimpoche in Ann Arbor
July 4 • Sunday Talk with Gelek Rimpoche in Ann Arbor
July 11 • Sunday Talk with Gelek Rimpoche in Ann Arbor
July 18 • Sunday Talk with Gelek Rimpoche in Ann Arbor
July 25 • Welcoming Change
Aug. 1 • Sunday Talk with Gelek Rimpoche: Broadcast from Cleveland
Aug. 8 • Home for the Soul: Finding Meaning on the Spiritual Journey
Aug. 15 • Taking Apart Delusions
Aug. 22 • Anger and Patience
Aug. 29 • Inspiration through Lineage

White Tara Meditation Sessions with Jewel Heart Instructors • Sundays, May 2-Aug. 29; 8:45-9:45 a.m. • Tara is the mother goddess of Tibetan Buddhism, known for her quick and compassionate activity. She is particularly associated with healing and long life. Join us for a guided meditation using visualization techniques to overcome physical, mental, and emotional suffering. No class June 27. Free with donations welcome. Call 994-3387; programs@jewelheart.org or jewelheart.org.

Meditation Sessions with Jewel Heart Instructors • Sundays, May 2-Aug. 29; 8:45-9:45 a.m. • Help yourself through meditation. Facilitators provide basic guidance with multiple concentration meditation sessions using the breath as a point of focus. Open to all levels of experience. No class June 27. Free with donations welcome. Call 994-3387; programs@jewelheart.org or jewelheart.org.

The Crazy Wisdom Calendar will be posted online starting May 1, 2010, at crazywisdom.net.

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Ann Arbor 48108
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734.327.0270
www.interfaithspirit.org

The Crazy Wisdom Calendar

Cancer Support

Tai Chi for People Affected by Cancer with Cam Vozar • Mondays, 10-11 a.m. • For all people affected by cancer. Benefits include regeneration, relaxation, energy building, and improved balance. No experience necessary. Free. Call Bonnie Dockham at 975-2500; bonnie@twc-semich.org or thewellnesscommunity.org/semich.

Yoga for People Affected by Cancer with Lynette Smith or Chad Johnson • Tuesdays, 11-12:15 • Support your wellbeing through yoga postures, gentle movement, and breath awareness. No previous experience needed. Free. Call Bonnie Dockham at 975-2500; bonnie@twc-semich.org or thewellnesscommunity.org/semich.

Breast Cancer Support Group with Mary Kozonis • May 22, June 26, July 24, Aug. 28; 10-11:30 a.m. • For people dealing with breast cancer. Stay late and have lunch on us at 11:30. Registration required. Free. Call Bonnie Dockham at 975-2500; bonnie@twc-semich.org or thewellnesscommunity.org/semich.

Spirituality and the Cancer Experience with Deb Mattison • May 22, June 26, July 24, Aug. 28; 10-11:30 a.m. • Exploring the questions of meaning and purpose in the cancer experience. Stay late and have lunch on us at 11:30. Free. Call Bonnie Dockham at 975-2500; bonnie@twc-semich.org or thewellnesscommunity.org/semich.

Cancer Grief with Deb Mattison • May 22, June 26, July 24; 12-11:30 p.m. • For adults who have lost a loved one to cancer. Come early and have lunch on us at 11:30 a.m. Free. Call Bonnie Dockham at 975-2500; bonnie@twc-semich.org or thewellnesscommunity.org/semich.

After Cancer Treatment with Mary Kozonis • May 22, June 26, July 24, Aug. 28; 12-1:30 p.m. • Providing ongoing support for people post-treatment. Come early and have lunch on us at 11:30. Registration required. Free. Call Bonnie Dockham at 975-2500; bonnie@twc-semich.org or thewellnesscommunity.org/semich.

Yoga for Cancer with Ema Stefanova • June 5, 2-4 p.m. • Unique approaches to yoga and meditation for cancer patients and their families. Practice and programs will be shared. $75 with early registration discount offered. Call 665-7801; EmaStefanova@cs.com or YogaAndMeditation.com.

Ceremonies, Celebrations & Festivals

Celebration of the Young Child at Rudolf Steiner School • June 6, 10 a.m.-Noon • Rudolf Steiner School hosts this annual festival that includes family activities, outdoor play, natural crafts, and a chance to wind your own colorful jump rope. Music will be provided by Ann Arbor favorite Gemini with special guest Emily Slomovits. The festival will take place at the Lower School Campus on Newport Road. Free. For more information, visit steinerschool.org.

Sunday Celebration Service at Interfaith Center for Spiritual Growth • Sundays, 10:45 a.m.-12:15 p.m. • The Interfaith Center for Spiritual Growth is a New Thought congregation that meets in its own beautiful building every Sunday to celebrate oneness with all beings, experience the power of group meditation, benefit from enlightening readings, enjoy guest musicians, and listen to talks that inspire and stimulate spiritual growth and understanding. There is a children's spiritual education program during the service each week and a monthly potluck following the service on the first Sunday of the month. Free. Call Dave Bell at 327-0270; dave@interfaithspirit.org or interfaithspirit.org.

World Fasting: A Spiritual Diet with Interfaith Center for Spiritual Growth • July 25 at 10:45 a.m. • Rev. John Mundy, longtime student and teacher of A Course in Miracles, will speak on fasting from words that give power to the idea of separation and judgment during the regular Sunday celebration service. Love offering. Call David Bell at 327-0270; dave@interfaithspirit.org or interfaithspirit.org.

Liberation of Life Service and Sangha Potluck Picnic with Zen Buddhist Temple • June 13, 9:30-11 a.m. • The Liberation of Life Service is held each year to remind us of our kinship with all beings. It will be followed by cooperative games and a vegetarian potluck in the Temple garden. Call 761-6520; annarbor@zenbuddhisttemple.org.

An *African Dance* class sponsored by Tree of Life Studio in Chelsea. Tree of Life's *African Dance* and *Tribal Belly Dance* classes can be found in the 'Dance and Movement' section of this Calendar.

Of Global Interest Celebrates 10-Year Anniversary with Pem Dorjee Sherpa and Heather O'Neal • May 21, 8 p.m. • Everest climbers Pem Dorjee Sherpa and his wife Moni were married on the summit of the world's highest snowcapped peak at 29,028 feet. Pem and Moni will take you on their 2005 world news-making adventure via large screen dvd. Local tour operator, Heather O'Neal, will discuss trekking in the High Himalayas. $5-$10 suggested donation. Call 369-3107; ofglobal@aol.com or ofglobalinterest.com.

Summer Solstice Celebration with Judy Crookes through Gateways • June 18, 6 p.m. potluck and 7:30 p.m. ceremony • Summer Solstice, sometimes known as Midsummer, Litha or St. John's Day, occurs in the middle of June and celebrates the longest day of the year. Join us in this festival of community sharing and planetary service, including a ceremonial bonfire and drumming. By donation. Call 913-4927; click on "contact" at www.jacobspeaks.com.

Monthly Eucharistic Celebration with Rev. Thomas Lumpkin and Rev. Charles Morris • First Wednesday of each month, 7 p.m. • Come and share fellowship and spiritual nourishment in this mid-week celebration of the Eucharist. No charge. Call River House IHM Spirituality Center at 734-240-5494; riverhouse@ihmsisters.org or ihmsisters.org.

Chakras

Chakra Healing Class with Maret Johnson • First Thursday of each month, Noon-2 p.m. or Third Tuesday of each month, 6-8 p.m. • Level 1: Create a one of a kind bracelet incorporating various healing stones as you find out about their healing properties. Level 2: Using wire wrapping, create a special necklace of healing stones with charms available. $35 includes most supplies. Call World of Rocks at 481-9981; worldofrocks.com.

Live Aura Video Photography Readings to Regain Balance in Your Power with Jose Ortiz • May 22, Noon-7 p.m. • This is a live experience of seeing the flow of vivid life energy in the human energy field. The reading will show you the flow of your life energy and where it supports a healthy body, and where it is out of balance due to power loss. $35. Call Deb Foggio at 248-702-7064; lightworkscenter@att.net or integrativewellbeing.com.

Channeling

The Gathering with Karlta Zarley • Third Tuesday of each month, 7-9:30 p.m. • Karlta channels information from spirit about changes we experience as we move along our spiritual path, and current trends and issues that affect us. Often there is time for questions and answers with the guides. Bring a dish to share. $10. Call Evan at 248-437-7466; karltazarley.com.

An Evening with Jacob with Judy Crookes • May 14, June 11, July 2; 7:30-9:30 p.m. • Evenings with Jacob are a delightful time of laughter and learning. Jacob usually begins the evening by briefly speaking with most participants. They will then move on to an informational talk relevant to those who have gathered. Typical topics have been attitude, abundance, power, gaia or reality creation. Jacob will then ask for questions, which can be personal or general. Most evenings close with a meditation. $15. Call Gateways Center for Life Enrichment at 913-4927.

An Evening with Jacob with Judy Crookes • May 24, June 28, July 26; 7-9 p.m. • Judy Crookes channels Jacob, a nonphysical being of light who is a wise teacher. Jacob's sole purpose is empowerment of each individual who seeks guidance. Jacob usually speaks with each participant for a minute or two, making statements about the energy that they see in and around the person. Jacob will then teach a lesson pertinent to the group that has gathered for the evening. $20. Call Deb Foggio at 248-702-7064; lightworkscenter@att.net or integrativewellbeing.com.

Conscious Channeling and Mediumship with Glenn Pailthorp • May 9, 3-5 p.m. • Come join us to find out how easy it is to channel by learning to use the fifth chakra for channeling and the seventh chakra for full-trance mediumship. Get to know your highest guides for healing and guidance. Bring a notebook or journal. $10.Call 417-8682; pailthorp.com.

Channeling Angels with Shala Kilmer • Eight Mondays beginning July 26, 6:30-9 p.m. • Learn how to allow the angels to speak through you! Up to eight participants. $250. Call 248-258-8287; IntuitionPath.com.

Evenings with Aaron (Channeled) with Barbara Brodsky • May 19, 7:30-9:30 p.m. • The evening is led by Aaron - a being of light, love, compassion, wisdom, and gentle humor - channeled by Barbara Brodsky. Aaron offers a talk and answers personal and universal questions. All welcome. Donations gratefully accepted to Deep Spring Center. Call 477-5848; info@deepspring.org.

Chant

Ann Arbor Kirtan • May 21, June 18, July 16, Aug. 20; 7:30-9:30 p.m. at Friends Meeting House • Come join us for an informal evening of yogic and Sanskrit chanting. Kirtan is a participatory call and response, cross-cultural music experience that incorporates the audience into the performance. $5-$10 suggested donation. Call Karen at 645-8904, kirtanannarbor.org.

Childbirth

Belly Time: Restoring Magic, Wisdom, and Joy to the Experience of Pregnancy with Sierra Hillebrand • Two Thursdays per month, 6:30-8:30 p.m. • A well-supported pregnancy lays the foundation for years of healthy living and mothering to come. This unique psychotherapy group for pregnant women offers opportunities for sharing, celebration, and self-reflection within a supportive and nurturing environment. Thus, women are guided in developing the deep wisdom and instincts necessary for clear decision-making, and essential to maintaining health, joy, and ease during pregnancy and beyond. $45 per session. For dates call 276-4052; sierrahillebrand@gmail.com.

Birthing From Within with Teri Pickett • Six Wednesdays, 7-9 p.m. • Based on the Birthing From Within philosophy, this informative and meaningful class helps couples understand both the physical and psychological process of birth. Class sizes are small and in a comfortable setting. $235. For dates, call My Urban Toddler at 944-3628; info@myurbantoddler.com or myurbantoddler.com.

Infant Care Seminar with Deborah Monty • First Tuesday of each month, 6-7:30 p.m. • This practical, hands-on class will prepare expecting parents for the basic care of their newborn. Topics include newborn appearance and behavior, choosing a pediatrician, and how to care for your baby. $39 per couple. Call My Urban Toddler at 944-3628; info@myurbantoddler.com or myurbantoddler.com.

Becoming a Breastfeeding Mother Seminar with Sherrill Black • Second Tuesday of each month, 6-7:30 p.m. • This essential class will prepare parents for a positive and confident start to breastfeeding. Need childcare? Ask about our Tour Guide option for $5. $39 per couple. Call My Urban Toddler at 944-3628; info@myurbantoddler.com or myurbantoddler.com.

Childbirth Preparation: Everything You Need to Know with Kate Stroud through Center for the Childbearing Year • Seven Tuesdays: May 4-June 15 or Seven Wednesdays: June 30-Aug. 11; 6:30-8:45 p.m. • Birth is normal and you can do it! This series provides a community of expectant parents who come together to learn about childbirth and explore related topics in preparation for giving birth. Emphasis is placed on developing confidence in a woman's natural capacity to birth, comfort measures and labor support techniques, alternatives to drugs, cesarean prevention, and the baby's needs. $235 per couple. Call 663-1523, patty@center4cby.com or center4cby.com.

Internet Guru & Master Teacher,
Father Peter Bowes, visits Ann Arbor

Experiencing the Presence of God
Thursday 6/17 • 7 p.m. • $25
Body Mind Spirit Wellness Center, Ann Arbor

The Joy of Stretching
Friday 6/18 • 7 p.m. • $25
Body Mind Spirit Wellness Center, Ann Arbor

Sloth Versus Diligence
Saturday 6/19 • 10 a.m. to 2 p.m. • $35 (includes lunch)
Center of Light, Lansing

Ongoing Introduction to Christian Mysticism Classes
Wednesdays 7 p.m. *free*
Body Mind Spirit Wellness Center, Ann Arbor

For more information please contact:
Rev Lela 517-898-2303
RevLela@CentersOfLight.org
CentersOfLight.org

The Crazy Wisdom Calendar

Childbirth (continued)

Childbirth Preparation: Focus on Labor and Birth - Condensed Series with Kate Stroud through Center for the Childbearing Year • July 24 and 31, 9:30 a.m.-1 p.m. • The condensed series is designed for folks with busy schedules who cannot accommodate a longer series, couples seeking a refresher class for a second (or more!) baby or couples planning a homebirth. We'll focus on just the basics: the process of labor and birth, coping with pain, support techniques and comfort measures, and the postpartum recovery period. $165 per couple. Call 663-1523, patty@center4cby.com or center4cby.com.

Newborn Care 101 with Jaminda Springer through Center for the Childbearing Year • May 8 or Aug. 21, 1-5 p.m. or Two Wednesdays: June 16 and 23, 6:30-8:30 p.m. • As parents, we are all figuring it out as we go along. Trial and error will definitely be a learning strategy as you get to know your baby. We will try to limit the "error" part of trial and error by sharing practical insights and identifying supportive resources. We discuss how to hold a newborn, the sensory capacities of a newborn, the "stuff" that's necessary, as well as diapering, bathing, and calming the baby. $60 per couple. Call 663-1523, patty@center4cby.com or center4cby.com.

> Love and kindness are never wasted. They always make a difference. They bless the one who receives them, and they bless you, the giver.
>
> - Barbara De Angelis

Breastfeeding Basics with Barbara Robertson through Center for the Childbearing Year • May 1 or July 10, 12:30-5 p.m.; or Two Tuesdays: Aug. 24 and 31, 6:30-8:45 p.m.; or Two Wednesdays: June 2 and 9, 6:30-8:45 p.m. • We want to help your breastfeeding experience be satisfying, joyful, and pain-free! This class prepares the mother-to-be for a successful breastfeeding experience. Topics include latching and positioning the baby, overcoming common obstacles, learning your baby's hunger cues, and more. $60 per couple. Call 663-1523, patty@center4cby.com or center4cby.com.

Introduction to Childbirth for Doulas with Patty Brennan and Kate Stroud through Center for the Childbearing Year • June 25 or Aug. 13, 10-6:30 • Want to become a doula and wondering where to start? Get grounded in the basics of childbirth education. Learn how to facilitate informed decision making for your clients with up-to-date information on the benefits, risks, and alternatives to medical interventions in the birth process and with the newborn. Topics include anatomy and physiology of pregnancy, labor, birth, nutrition, and more. $120. Call 663-1523, patty@center4cby.com or center4cby.com.

DONA International Birth Doula Workshop with Patty Brennan and Kate Stroud through Center for the Childbearing Year • June 26-27 or Aug. 13-14, 8:30-6 each day • Are you interested in a career working with moms and babies? Become a professional Birth Doula! This training teaches you the skills necessary to provide emotional, physical, and informational support to expectant mothers and their families. You do not need to be a mother yourself nor have a medical background to become a doula - just a passion for birth and the desire to be in a support role for other moms. Class leads to professional certification through DONA International. $375. Call 663-1523, patty@center4cby.com or center4cby.com.

Birth Story Circle with Krista Dragun • June 13 or Aug. 15, 6:30-9 p.m. • Birthing mothers, fathers, and everyone who witnesses a birth can be uplifted by the mystery and power of birth and, at the same time, be haunted by feelings of confusion, powerlessness, shame, blame or regret about a particular moment they feel they failed or were failed. Left unresolved, negative feelings and beliefs undermine the joy and confidence of parenting, and can negatively affect relationships with partner, baby, friends, and work. You can change the way you feel about your birth by learning how birth trauma does not always begin with birth, recognizing predisposing factors and the sources of birth trauma, and beginning to heal your own birth trauma or grief. $60. Call Indigo Forest at 994-8010; kmdragun@yahoo.com.

Birthing From Within with Krista Dragun • Six Mondays: June 7-July 12 or Aug. 23-Oct. 4, 6:30-9 p.m. • Birthing From Within classes will help prepare you for your journey through birth into parenthood, not only by filling in the blanks of information you may be seeking, but also by helping prepare you emotionally, mentally, and spiritually. You will deepen your intuitive knowing through thought-provoking dialogues, birth videos, and memorable exercises including games and individual drawing, sculpture, and painting. You will begin to build a pain-coping mindset; explore birth culture, pregnancy, and birth logistics; tame your "Birth Tigers"; and use your B.R.A.I.N. to obtain needed information to make decisions, welcome your baby, and plan for postpartum healing and adjustment. $240. Call Indigo Forest at 994-8010; kmdragun@yahoo.com.

Parent-Doula Meet and Greet at Indigo Forest • June 5, 11 a.m.-12:30 p.m. • This quarterly event provides an efficient way for parents and doulas to find each other. After a brief review of the benefits of doulas, parents get a chance to hear local doulas take several minutes each to introduce themselves, and then parents and doulas mingle over tea and snacks. Free with preregistration encouraged. Call 994-8010; Beth@VisitIndigo.com.

Holistic Childbirth Education with Beth Barbeau at Indigo Forest • Seven Wednesdays: July 7-Aug. 18, 6:30-9 p.m. • With an emphasis on normal birth, this practical class covers what to expect in labor, handling the powerful sensations of birth, pain management choices, and the physical and emotional aspects of becoming parents. We will also address coping with the unexpected, decision-making under stress, medical options and interventions, and preventing C-sections. Suitable for parents desiring a natural birth in any setting, this series includes essential postpartum information for a quick recovery and enhanced family bonding, as new parents most commonly report wishing they had spent more time preparing for after the birth! $210 per mother and father/partner/support person. Call 994-8010; Beth@VisitIndigo.com.

Nursing Cafe with Beth Barbeau and Visiting Lactation Specialists at Indigo Forest • Wednesdays, 2-3 p.m. • Come hang out with other breastfeeding moms and a big pot of nursing tea, with professional lactation support on-hand for questions and help. Pregnant moms welcome, too. Free. Optional private consultations scheduled for personalized problem-solving at 1:30 p.m. for $30 for 30 minutes. Call 994-8010; Beth@VisitIndigo.com.

Nursing Your Baby with Beth Barbeau at Indigo Forest • May 6, 6:30-9 p.m. or July 24, 10 a.m.-12:30 p.m. • Bust the myths and get the facts. Do you know which aspects of labor and delivery affect a normal breastfeeding experience, how to handle the relatives and nursing in public, or how to maintain a breastfeeding relationship under difficult circumstances such as Cesarean recovery or breast infection? Get off to a good start with this practical breastfeeding class, helping you to build confidence with the information you need to know before you birth: how to help your baby latch on without pain (yours), nursing positions to maximize weight gain (theirs), how much sleep we can really expect, and the surprising answers to the question, "What is normal?" $45 per mother (father/support person free and strongly encouraged to attend). Call 994-8010; Beth@VisitIndigo.com.

Radical Wellness for Doulas and Midwives with Sierra Hillebrand at Indigo Forest • May 22, 1-5 p.m. • Is being overwhelmed and exhausted getting in the way of your passion for birth, or would you like to have something left for yourself and your family? Let's go beyond "more sleep - less sugar" and learn real tools for staying vibrant, grounded, and well resourced while doing the work you love. Join us for a dynamic afternoon to develop effective strategies for personal renewal and professional sustainability. $60. Call 994-8010; Beth@VisitIndigo.com.

My Naturally Healthy Pregnancy with Beth Barbeau at Indigo Forest • June 2 or Aug. 12, 6:30-9 p.m. • Wondering about the best prenatal or how to figure out the best source of oil for DHEA and what about eating fish in pregnancy, or feta cheese, or coping with heartburn? We'll cover all this and more as we look at the nutrition needed for maintaining a healthy pregnancy and having a healthy and less painful birth (honest). Our naturopathic approach to pregnancy will bypass the food pyramid and outline baby-safe and natural solutions to common pregnancy discomforts. $45. Call 994-8010; Beth@VisitIndigo.com.

VBACs - Having a Vaginal Birth After a Caesarean with Beth Barbeau at Indigo Forest • May 20 or July 15, 6:30-9 p.m. • Have you had a Caesarean birth and would like to maximize your chances of having a vaginal birth this time? This class will offer current research about safe VBACs, keys for positioning your baby in the most ideal position for birth before labor begins, strategies for successful laboring and birthing, proactive measures for building your confidence along with a supportive team, and the opportunity to discuss pressing concerns. $45 per couple. Call 994-8010; Beth@VisitIndigo.com.

The Circumcision Decision with Beth Barbeau • May 19, 6:30-9 p.m. or July 17, 10 a.m.-12:30 p.m. • Often one of the most heated topics parents face, this class will respectfully bring research, information, and insights to the question of circumcision and your baby boy. We will address social concerns, looking like daddy (or not), family and religious conflicts, care of the intact penis, and will provide resources for your continuing discussion. Class includes information from the instructor's nine months of research into circumcision for the Senior Project of her Premed Degree. $45 per mother and father/partner/support person. Call Indigo Forest at 994-8010; Beth@VisitIndigo.com.

> If you are interested in obtaining some biographical information about the teachers, lecturers, and workshop leaders whose classes, talks and events are listed in this Calendar, please look in the section which follows the Calendar, which is called "Background Information" and which starts on page 90.

Children & Young Adults

Listings for children are now found in our new Crazy Wisdom Kids Section of this Journal, devoted to events and classes for children, young adults, and families!

Tea with the Fairies at Crazy Wisdom Tea Room • Mother's Day, May 9 with one seating at 1 p.m. • Children and their families are welcome for tea and petits fours served by real-life fairies! Celebrate with our magical fairies as they serve tea, treats, and magic. There will be story time read from books available from Crazy Wisdom Bookstore. Fairy attire is encouraged. Be creative! $10.50 per person. Tickets available by stopping in to Crazy Wisdom or by phoning prior to event. Babies 18 months and younger free. For information, call 665-2757; ashley@crazywisdom.net.

Chinese Medicine

Chinese Medicine in Your Life: Living with the Seasons - Summer with Ellen Porter • May 13 and May 20, 6-7:55 p.m. • Explore the dynamic fluctuation of life expressed in nature, in yourself, and in traditional Chinese medicine. With this practical, hands-on workshop, you'll learn about acupressure point protocols and foods to ingest and avoid for the typical Summer (Fire) imbalances. You will learn to live more wisely according to nature's cycles. $39. Call Student Connection at 677-5060; lifelong-learning@wccnet.edu or wccnet.edu.

Chronic Illness, Chronic Pain

Imagine Health: Harnessing the Healing Power of Illness with Kristi Davis • Tuesdays, July 6-Aug. 17; 6-8:30 p.m. • Learn and experience how illness can help heal your life and how, by exploring the connection between body, mind, and spirit, we can reach levels of well being we never dreamed possible. This psychotherapeutic, holistic, creative group process is intended to inspire people to live a higher quality of life, no matter what their circumstances. Expressive and creative arts therapies and guided imagery meditations will be used to tap into our body's innate healing capacity and to help unblock obstacles to health and wholeness - our natural state. $245 plus $25 for workbook. Call 253-2650, kristi@creativespirithealing.com or creativespirithealing.com.

Intensive Health Session at Rudolf Steiner Health Center • May 17-29 • Anthroposophic inpatient clinic specializing in personalized care, supportive oncology, and anthroposophic treatments and therapies. We have natural alternatives for many illnesses, including chronic fatigue, cancer, arthritis, eating and sleeping disorders, post-surgical recovery, chronic pain, heart disease or simply the stress of modern living. Fees vary. Call Sara McMullen-Laird at 663-4365; info@steinerhealth.org or steinerhealth.org.

Cooking

Cooking Classes at the Grass Lake Sanctuary • 6:30-7:30 p.m. • Come join the fun! All proceeds benefit the Grass Lake Sanctuary. $15 each class. Call Heather at 734-748-5538; info@grasslakesanctuary.org or grasslakesanctuary.org.
May 3 • Spring Fiesta: Fresh Guacamole and Veggie Tacos with Jim Dreyer and Tim
May 17 • Desserts in the Raw with Marnie Burkman
May 19 • Amazing Grains with Wendy Warrick
May 20 • More Amazing Grains with Patty Hart
May 26 • Drink Your Greens and Love It! Green Smoothies that Sweeten and Nourish Your Life with Tamara Wendt
May 31 • Paleo Picks: Delicious Food from the Paleo Diet with Heather Brumwell
July 26 • Gluten-Free Picnic with Joanna Mills
July 28 • Making Gazpacho: The Cool Summertime Soup with Gary Merel
Aug. 23 • Farm Fresh Summer Smoothies with Marnie Burkman
Aug. 25 • The Mediterranean Diet: Three Great Dishes with David Leavitt
Aug. 30 • Surprising Kale Delights: Smoothies, Fondue, and More! with Molly Jarin

Consciousness, Science & Spirit

Institute of Noetic Sciences Ann Arbor Community Group • Third Wednesday of each month, 7 p.m. • Join us for discussion of topics at the interface of science, consciousness, and spirit. Recent topics include consciousness research, past life regression, the Monroe Institute, holotropic breathwork, healing fields, and remote viewing. No cost. Contact Maarin Perusek at mperusek@ymail.com; noetic.org.

Course in Miracles

A Course in Miracles Study Group with Rev. David Bell • Mondays, 6:45-8:45 p.m. • All are invited to join a group reading and discussion of this popular Foundation for Inner Peace metaphysical book. Includes study materials and text. Donation requested. Call 327-0270; interfaithspirit.org.

A Course in Miracles Workbook Study Group with Lorri Coburn • Thursdays, Noon-1:30 p.m. • This group's focus is applying forgiveness to the study of the previous week's lessons in the popular Foundation for Inner Peace metaphysical book, A Course in Miracles. Drop-ins welcome. Practice of the lessons on your own is encouraged by not required. Donation requested. Call 646-6585; lorricassie@sbcglobal.net or interfaithspirit.org.

Healing the T(error)ist Within Using A Course in Miracles • July 25, 1:30-5 p.m. • Using the principles of A Course in Miracles to heal the errors in our thinking mind. These errors lead to T(error)s. Forgiveness is our only function and we are not victims of the world we see, are two of the principles that will be discussed. $20. Call David Bell at 327-0270; dave@interfaithspirit.org or interfaithspirit.org.

Cross Cultural Exploration

Understanding Islam in America with Susan Van Baalen • July 14, 7 p.m. to July 16, 1 p.m. • Islam in America has religious, political, and sociological complexities that defy simple understanding. These complexities will be explored in order to deepen the understanding of what it means for immigrants to be Muslims in America, and what it means to be an American convert to Islam and how the two comprise a distinctly North American understanding of Islam. The seminar will explore Muslim religious and cultural roots that inform their self-understanding of Islam in America. $325 single occupancy; $225 double occupancy; $175 commuter. Call Weber Center at 517-266-4000; webercenter@adriandominicans.org.

Crystals

Crystals 101 with Carol Clarke • May 14, 7-8 p.m. • This is a very basic class on how to choose, clear, program, and work with crystals. Discover the hidden energies stored within these jewels from the earth. $20 (plus $15 for stones needed). Call 734-416-5200; info@bodyworkshealingcenter.com.

Advanced Crystal Series with Carol Clarke • Six Fridays: May 14-June 25, 7-8:30 p.m. • This is an advanced approach to utilizing crystals to help with every aspect of your life. Class includes pendulum use, chakra arrays, and overall personal use for empowerment. No class May 28. $150 includes materials. Call 734-416-5200; info@bodyworkshealingcenter.com.

Dance & Movement

Adult Modern Jazz at Arts In Motion • Saturdays, June 21-Aug. 28; 12:15-1:45 p.m. • Wondering where to take an adult modern/jazz class? Come join us for a fun and challenging class. Explore technique and improvisation and get a workout as well! Some dance experience required. $72.50 with walk-ins welcome. Contact amanda@artsinmotion.net or artsinmotion.net.

Yoga Meets Dance: Transformational Dance Fun for All! with Natasha Schaffer • Fridays, 6-7:15 p.m. • Wildly fun, powerful, and magical dance journey with gentle yoga, movement therapy, and guided dance, humor, community building, and meditation. All welcome. Ground, cleanse, purify, connect, let go! $12. Call 239-3174, info@yogameetsdanceannarbor.com or yogameetsdanceannarbor.com.

Dances of Universal Peace with Judy (Nur-un-nisa) Trautman • May 7, June 4; 7-9 p.m. at Friends Meeting House • The Dances of Universal Peace, created in San Francisco in the 1960's by Sufi teacher Samuel Lewis, celebrate all faith traditions. The dances are moving meditation and require no partner or experience. Spiritual mantras are chanted with simple folk tunes and movements. $5 donation. Call 419-475-6535; jltrautman@sbcglobal.net or http://peacedance.multifaithjourneys.org/index.html.

West African Dance Class with Dori Edwards • Ongoing Thursdays, 5:30-7 p.m. • Great exercise, fun community, and live drumming. Learn movements from Guinea, West Africa. $15. Call 320-2763, dori@dreamsofisis.com or dreamsofisis.com.

Authentic Movement Group with Stefanie Cohen • Mondays, April 26-June 28; 7-9:30 p.m. • By exploring this eyes-closed movement practice, we become more sensitive and connected to our bodies and more able to respond to their needs. As witnesses to each other, we create a safe, respectful environment for creativity, contemplation, and personal insight. $195-$245 sliding scale. Call 474-1517, stefaniemovingstories@gmail.com.

Dreaming A Place: Environmental Dance and Movement Meditation with Irena Nagler • May 23, June 13, July 18, Aug. 22; 3:30 p.m. • We will explore and celebrate the sense of place, allowing its elements to speak through us in dance and movement. $5-$25 sliding scale. Call 996-1772, birena@umich.edu or twofeather.com/nightfire.

Jacki's Aerobic Dance with Pam Gee through Mind, Body + Spirit Academe • This class is for all ages, shapes, and sizes. Jacki's offers all three criteria of fitness: stretching and flexibility, muscle toning and strengthening, and a cardiovascular workout. Choreographed with dance steps. For dates, times, and cost, call 668-7260, dpall_gee@yahoo.com.

The Crazy Wisdom Calendar

Soul Essence Evolving (SEE): Revelations from the Universe to You

By Deb Foggio

A woman in her early '40s, Michele, walks through the door of the Center for Integrative Well Being looking for answers. Her arrival here is in response to a restlessness she feels, which has compelled her to come to the evening's Soul Essence Evolving workshop.

Soul Essence Evolving (SEE) is a Systemic Constellation Approach to healing. It was born out of the work of Bert Hellinger, a pioneer of Systemic Family Constellations. Hellinger, a German ex-priest with a diverse background in psychotherapy and family therapy, is a leader in integrating body-based experience with the therapeutic process. Constellation work helps remove emotional, mental, physical, or spiritual blocks that keep people stuck in discontent in a way that is uniquely different from other forms of healing and therapy.

Systemic Constellation work is still relatively new in the United States. Jane McLaren, a local Avatar Master and Reiki practitioner, introduced me to the process when she offered training by Dr. Ed Lynch, a student of Hellinger's. I was intrigued by its integration of sacred/intuitive energy healing with psychological principles. It is a perfect fit for my life's journey: clairvoyant from birth, degree in psychology, hands-on healer, intuitive, life coach and teacher.

Jane became my partner in Systemic Constellation work three years ago, after we trained in the process for two years. Then we began to personalize, combine, and evolve the work into our own SEE processes. SEE, Soul Essence Evolving, is the umbrella for three types of constellation processes that we use.

All three SEE processes involve a client, a facilitator, and sometimes a group of participants known as the gallery. Volunteers for the work, called "representatives," are chosen from gallery. A particular space in the room is designated as a symbolic "knowing field," which represents the energy field through which all wisdom is available to all living things.

The job of the representatives is to respond to the intuitive thoughts and feelings that come up for them as they stand in the knowing field, in response to the process being used. To participate as a representative requires no special training, just a willingness to be open and authentic in revealing what comes up during the process. People show up for Soul Essence Evolving workshops without knowing what part they will play.

All three SEE processes are "blinds," which means that various aspects of the work are kept from the participants, so they cannot project reactions based in logic. The idea is that individuals will see their challenge and resolution unfold before them through the movements, words, and reactions of the representatives. The feeling nature of all participants is where the transformation takes place.

For the session I facilitated for Michele, we talked privately about her issue and decided on which process to use. I recorded key words about her journey on individual sheets of paper. Then the representatives were brought into the room and Michele placed the papers writing-side down on the floor in the knowing field, anywhere she felt guided.

Without realizing it, Michele recreated a picture resembling the Coliseum in Rome, using approximately 75 sheets of paper to represent the seats and the stands. It was an amazing replication, probably a past-life recall. She was overwhelmed with deep emotion, not really knowing why. There was a story in the picture that Michele created that held the key to her beliefs and decisions about her presenting issue. In some way, it is not important to know what the story is, but just to know it is there.

Deb Foggio is the owner of the Center for Integrative Well Being in Plymouth.

Deb Foggio's *Dreaming with the Archangels* class, and her *Healthy Body, Healthy Spirit* workshop (being co-led by Jane McClaren), are listed in the 'Personal Growth' section of the Calendar. Her *Soul Wisdom Expressions Retreat* is in the 'Retreats' section. Her *Psychic Development Circle* can be found in the 'Intuitive Awareness' section.

Once Michele was done, the representatives began to move the papers, still face down, following their inner urgings. Sometimes they eliminated papers, or repositioned them where they felt guided. Michele felt resistance at first, but then began to participate. Eventually, a new constellation was formed and a new path for Michele was revealed.

Together, we all came to a knowing when the new constellation was fully created. The papers were turned over one by one, unveiling the healing new truths, attitudes, feelings and possibilities that had already begun energetically to take root in Michele's life. Michele saw and felt the intricate patterns she was releasing, replacing them with the new energies that she began to embrace with her new constellation. Healing on some level was acquired by everyone in the room, whether they were the client, a representative, an observer in the gallery, or even the facilitator.

"Soul Essence Evolving (SEE) is a Systemic Constellation Approach to healing… It is a perfect fit for my life's journey: clairvoyant from birth, degree in psychology, hands-on healer, intuitive, life coach and teacher."

Michele later says what she received from doing Soul Essence Evolving constellation work is invaluable. She came to the workshop because of the struggle she was having pursuing the career she wanted. "After doing a few Soul Essence Evolving constellation workshops, I discovered why. But most importantly, I felt different." This past year, Michele began working in her chosen field. Where doors were closed, they are now open. That is the gift of systemic constellations.

(Deb Foggio is the owner of the Center for Integrative Well Being in Plymouth, as well as an Intuitive Life Path Consultant and Systemic Constellations Facilitator. Contact Deb at 248-702-7064 or lightworkscenter@att.net or go to www.lightworks-enterprises.com or www.integrativewellbeing.com for more information.)

Dance & Movement (continued)

Friday Night Swing with Ann Arbor Swing Dance Association through Mind, Body + Spirit Academe • Fridays, 7-Midnight • The Friday Night Swing Dance Party includes a free beginner lesson at 8 p.m., which covers the swing basics and another dance move every week, and then open dancing at 8:45 p.m. featuring two different swing djs every week. Dance styles include lindy hop, east coast swing, charleston, blues, and balboa. Very beginner friendly! $5 or $3 students. Contact Jeffery at ziembajr@yahoo.com.

BollyFit at the Mind, Body + Spirit Academe with Anuja Rajendra • Mondays and Thursdays, 7:15-8:15 p.m. • Do you dream of fitness that is like a spa experience you look forward to? Check out the new wave in health and fun that unleashes energy and fitness! BollyFit combines elements from Indian "film dances" with classical and folk styles in a dynamic, aerobic dance workout. No dance experience necessary. For cost, call Anuja at 657-6680, anjua@bollyfit.com.

Rhumba/Swing Group Dance with Natalia Vail through Mind, Body + Spirit Academe • Saturdays, 6-7 p.m. • Group classes allow students to learn new steps with a variety of different partners in a fun, social atmosphere. Both singles and couples are welcome to attend. We rotate partners throughout the class to give everyone the opportunity to dance with different partners and make new friends. $10 per lesson or ten for $80. Call 478-2233, natalia.vail@yahoo.com.

Tango/Fox Trot Group Dance with Natalia Vail through Mind, Body + Spirit Academe • Saturdays, 5-6 p.m. • See above description. $10 per lesson or twelve for $100. Call 478-2233, natalia.vail@yahoo.com.

Silat Tuo: Ancient and Traditional Arts from West Sumatra, Indonesia with Bapak Waleed "Leonardo Stoute" • Mondays and Wednesdays, 7:30-9 p.m. and Saturdays, 10 a.m.-Noon • Experience dance and movement arts from Indonesia taught in a traditional manner. These arts helps develop balance, strength, flexibility, breath control, and balance in a way that is energetic, artistic, and meditative all at the same time. First class is free. $99 monthly or $50 for students. Call Ali Hashmi at 678-4523; staff@bmswc.com or bmswc.com.

African Dance for Kids, Ages 7-12 with Jenabah Giacomelli at Tree of Life • April 4-June 7: Mondays, 5-6 p.m. • This class seeks to expose our young dancers to the vibrant fun of African dance as we feel the drum beat in our feet! Students will explore rhythm and time while learning about communication between the drum and dance. Class also includes an invigorating warm up that emphasizes correct stretching techniques and exciting movements, followed by across the floor combinations and simple step-by-step dance sequences. With songs and stories shared, this class is an enchanting look at the origins and meaning of African dance. $12 drop-in or $100 for ten weeks (may be pro-rated). Call Cheri Sing at 433-0697; info@treeoflifestudio.org or treeoflifestudio.org.

Dance Classes for Adults and Teens at Tree of Life Cultural Arts Studio • Spring session: April 10-June 12, Summer session: July 5-Aug. 28 • $12 drop-in or $100 for 10-week session. May be pro-rated. For class descriptions, call Cheri Sing at 433-0697; info@treeoflifestudio.org or treeoflifestudio.org.
African Dance with Jenabah Giacomelli • Mondays, 6 p.m.
African/Tap/Jazz with Cheri Sing • Tuesdays, 5 p.m.
Tribal Belly 101 Introductory with Cheri Sing • Wednesdays, 7 p.m.
Tribal Belly 102 with Cheri Sing • Tuesdays, 6:30 p.m.
Tribal Belly 103 Refinement with Jenabah Giacomelli • Thursdays, 7 p.m.
Tap with Cheri Sing • Wednesdays, 4 p.m.
Jazz with Jaclyn Morrow • Wednesdays, 5 p.m.
Jazz 2 with Jenabah • Wednesdays, 6 p.m.
Capoeira with Manhoso • Thursdays, 5 p.m.
Zumba with Jane Helzer • Saturdays, 10 a.m.
Afro-Modern with Jenabah Giacomelli • Saturdays, 11 a.m.

Under the Big Top and Beyond at Tree of Life Cultural Arts Studio • June 19, 6 p.m. • This is an evening of entertainment showcasing a theatrical imagination of circus life through rhythm, dance, and merriment! Featuring all of Tree of Life's students and performance companies. $8 in advance or $10 at the door. Call 433-0697; treeoflifestudio.org.

Drumming

Drummunity Circles hosted by Lori Fithian • May 20, June 22, July 15, Aug. 25; 7-9 p.m. at Crazy Wisdom Community Room • Get your hands on a drum and add your sound and spirit to the community groove. All are welcome to join in the circle. No experience necessary. Drums available. Free. Call 426-7818; lorifithian@mac.com or drummunity.com.

Drummunity Spring Retreat with Lori Fithian at Inn at the Rustic Gate • May 14 with a welcome supper at 6 p.m. through May 16 at 1 p.m. • Feel the heartbeat of mother earth and awaken to the rhythms of nature in spring in our drumming circle weekend. Experience the healing energy of creating sound together, relax, and refresh your spirit in a beautiful, natural environment. All are welcome. Drums are provided or bring your own. $275 single occupancy. $225 double occupancy. $125 commuter. Call Marcia Stroko at 800-319-5867; rusticgate@starband.net or innattherusticgate.com.

African Hand Drumming with Ibrahim Aminou • Sundays, 6:30-7:30 p.m. • Learn traditional African rhythms from a native teacher. Develop your sense of rhythm. Develop your ability to focus. Have fun! $10. Call Eileen Bristol at 417-0941; ebristol@ameritech.net or http://myspace.com/zoumountchi.

Working with Your Power Animal with Don Allen • June 26, 1-3:30 p.m. • Gain experience in shamanic journeying with a power animal guide. Journey, drum, and dance. Bring a blanket or sleeping bag, pillow, eye pillow or bandana. $25. Call Deb Foggio at 248-702-7064; lightworkscenter@att.net or integrativewellbeing.com.

Drum 4 Wellness with Don Allen • May 21, June 18, July 16, Aug. 20; 7-8:30 p.m. • A facilitated drum circle that uses the power of group drumming to build community cohesion, empower individual expression, and enhance deep spiritual connection. There is no experience necessary. Absolutely anyone can participate! Extremely creative and fun. All instruments are provided or you can bring your own. $15. Call Deb Foggio at 248-702-7064; lightworkscenter@att.net or integrativewellbeing.com.

Drum 4 Wellness Community Drum Circle with Don Allen at Interfaith Center • May 1, June 5, July 3, Aug. 7; 7:30-9 p.m. • Community drum circle. All are welcome. No experience necessary. Instruments are provided or bring your own. Donations go to the Interfaith Center. Call 480-1219; don@drum4wellness.net or Drum4wellness.net.

Drumming Circle with Kristyne Lemerand of IHM Spirituality Center • Second Friday of May, 7-9 p.m. • Awaken your playful spirit, reduce tension and stress, and enhance your awareness of how sound can create peace and harmony. $10-$20 per session. Call 734-240-5494; riverhouse@ihmsisters.org or ihmsisters.org.

Drum Circle with Curtis Glatter of Body-Mind-Spirit Wellness Center • May 16, June 20, July 18, Aug. 15; 3-4 p.m. • Our community drum circle is a noisy and fun, family friendly event where people come together to share their spirit by entertaining rhythmically as a percussion ensemble. Everyone who comes and participates has something to offer the circle and anyone is welcome. Free. Call 678-4523; staff@bmswc.com or bmswc.com.

Hand Drumming for Kids, Ages 7-12 with Sundance at Tree of Life • Spring session: April 10-June 12, Summer session: July 5-Aug. 28; Tuesdays, 4-5 p.m. • Share in the excitement of rhythms from around the globe! Learn basic hand drumming techniques as we explore the world of polyrhythm. Develop skills in teamwork, playing music, building a community, and expressing oneself. Learn to improvise within the structure of tradition rhythms. Together, we will create "original arrangements" of traditional rhythms for ensemble performances and recitals. There is a neverending journey of life discoveries through rhythm! $12 drop-in or $100 for ten weeks (may be pro-rated). Call Cheri Sing at 433-0697; info@treeoflifestudio.org or treeoflifestudio.org.

Hand Drumming for Adults and Teens with Sundance DiDomenico at Tree of Life Studio • Spring session: April 10-June 12, Summer session: July 5-Aug. 28; Tuesdays at 7:30 p.m. • Harmonious repetition of natural rhythms creates healing energy and puts us in touch with ourselves and the world around us. Through rhythmic exploration, you will learn basic hand drum techniques and other percussion instruments. Students will be taught traditional drum rhythms from around the globe as well as how to listen and improvise within the structure created. $12 drop-in or $100 for 10-week session. May be pro-rated. Call Cheri at 433-0697, info@treeoflifestudio.org or tree of lifestudio.org.

Community Drum Jam at Tree of Life Cultural Arts Studio • May 28, June 25, July 23, Aug. 27; 8-11 p.m. • A drum circle for all! Feel the pulse at Tree of Life while we build community through rhythm, song, and dance. Cafe Touba will be open. All ages welcome! Free. Call Cheri Sing at 433-0697, info@treeoflifestudio.org or treeoflifestudio.org.

Energy Healing

Esoteric Healing Level One with Laurie Akerros • June 18-20 or July 23-25, 9-5 daily • In this three-day workshop, students will learn to palpate and assess, then to balance the human energy field with sensitivity and awareness in order to create conditions for optimal healing and wellness for clients, friends, family, and healing self. We will work with the physical, etheric, emotional, mental, soul, and spirit aspects of the auric field. $395. Call 255-2677, lakerros@hotmail.com.

Esoteric Healing Level Two with Laurie Akerros • June 4-6, 9-5 daily • In this three-day workshop, students will learn to palpate and assess, then to balance the human energy field with sensitivity and awareness in order to create conditions for optimal healing and wellness for clients, friends, family, and healing self. We will work with the physical, etheric, emotional, mental, soul, and spirit aspects of the auric field. Prerequisite: Level One. $395. Call 255-2677, lakerros@hotmail.com.

Pulse Technique with Linda Simran Harvey • May 15, 10:30-11:30 a.m. and 11:45 a.m.-12:45 p.m. at Crazy Wisdom Community Room • We will use the pulse technique in a group to clear what blocks or limits the life you want. Complete privacy on the nature of your items. This process is done in silence. $30. For reservations, call 428-0254; bluemoonastrology@yahoo.com.

The Crazy Wisdom Calendar

Energy Healing (continued)

Learn the Emotional Freedom Technique with Melanie Fuscaldo • Part 1: May 14, Noon-1:30; Part 2: May 21, Noon-1:30 • Learn a powerful tool you can use at any time to release blockages to health, career, abundance, relationships, retirement, and more. It has unlimited potential to release what is not life enhancing (fears, emotions, trauma, depression, negative thinking, disease) and increase whatever you choose to add joy to your life. As you experience reduced internal conflict, you can reduce your suffering and increase your peace. $30 per session. Contact melaniefuscaldo.com.

Soul Essence Evolving: A Systemic Constellation Approach with Deb Foggio and Jane McLaren • May 14, 28, June 11, 25, July 9, 23, Aug. 13, 27; 7-10 p.m. • This is an evening of Systemic Constellation work that reveals how you are creating your life through your four essences: spiritual, mental, emotional, and physical. This process allows the internal hidden and unconscious blocks of your life to be externalized, seen, revealed, and healed through universal wisdom and energy. $25. Call 248-702-7064; lightworkscenter@att.net or integrativewellbeing.com.

The Healer Development 101: Intuition Development and Self Healing with Eve Wilson • Six Thursdays: May 6-June 11, 7-9:30 p.m. • This class is designed to help students develop clear and true spiritual connections and teach safe spiritual practices as a foundation for further personal growth and spiritual healing work. We will cover intuition, inner wisdom, sacred space and energy boundaries, guardian angels and gatekeeper guides, chakra tuning, purifying water, power animals, crystals, the healing Qabalah, and aura reading. $240 pay as you go. Call 248-545-3928; evew@spiritualhealers.com or spiritualhealers.com.

The Accelerated Healer Development Program: Legal Healer Practitioner Certificate with Eve Wilson • Beginning in June, one night every other week for 13 months • Certifying intuitive people as legally accredited UCM Healing Practitioners and teaching rapid, effective techniques for spiritual healing and self-actualization. Work with ascended masters, spiritual surgeons, archangels, Qabalah, physical, emotional, mental, and spiritual healing, aura reading and clearing, heredity, children, pets, ascension work, and more. Includes five private healing sessions and class materials. $2,900 pay as you go or $2,750 in advance. Call 248-545-3928; evew@spiritualhealers.com or spiritualhealers.com.

Chi Kung (Qigong) - Chinese Yoga with Wasentha Young • Tuesdays: May 11-Aug. 17, 6-7:15 p.m. • Chi Kung is a Chinese approach and practice that focuses on the relationship of chi (energy) and health. This class will focus on the fundamental styles of Chi Kung: imagery and movement, Chinese Yoga, and traditional Chinese medicine through learning the Wild Goose Chi Kung Form. Students will also begin to learn to sense their own energy as well as others while engaging in "soft chi" exercises. $180. Call Peaceful Dragon School at 741-0695; peacefuldragonschool.com.

Energy Hygiene for Your Living and Work Spaces with Ray Golden • May 26 or June 23, 7-9:30 p.m. • Electrical and Magnetic Fields, EMF's, and other energies are all around us - from cell phones, computers, electronics, appliances. And they affect not only our physical health, but also our personal energy field or aura at many levels. Learn more about the various sources of EMF's and other energies, and how to counteract, clear or remediate them and keep them clear. The class includes individual testing of your sensitivity to your cell phone and laptop. Remediation devices also available. $25. Call 663-9724; IntuitiveHealth@aol.com or RayOGoldenReiki.com.

Introduction to Pranic Healing with Dave Krajovic • July 26, 7-8 p.m. • Pranic healing is a simple, powerful, and effective system of no-touch energy healing. It is highly developed and tested system of energy medicine that utilizes prana to balance, harmonize, and transform the body's energy processes. Effective on countless ailments, symptoms, and diseases. Learn how you can heal yourself and loved ones. Free. Call 734-416-5200.

Preventing Illness with Energy Healing with Dave Krajovic • Aug. 26, 7-8 p.m. • Vibrational medicine is said to be the medicine of the future. The future is here now. Found out why energy healing is not only effective at preventing disease and illness, but also curing it. Free. Call 734-416-5200.

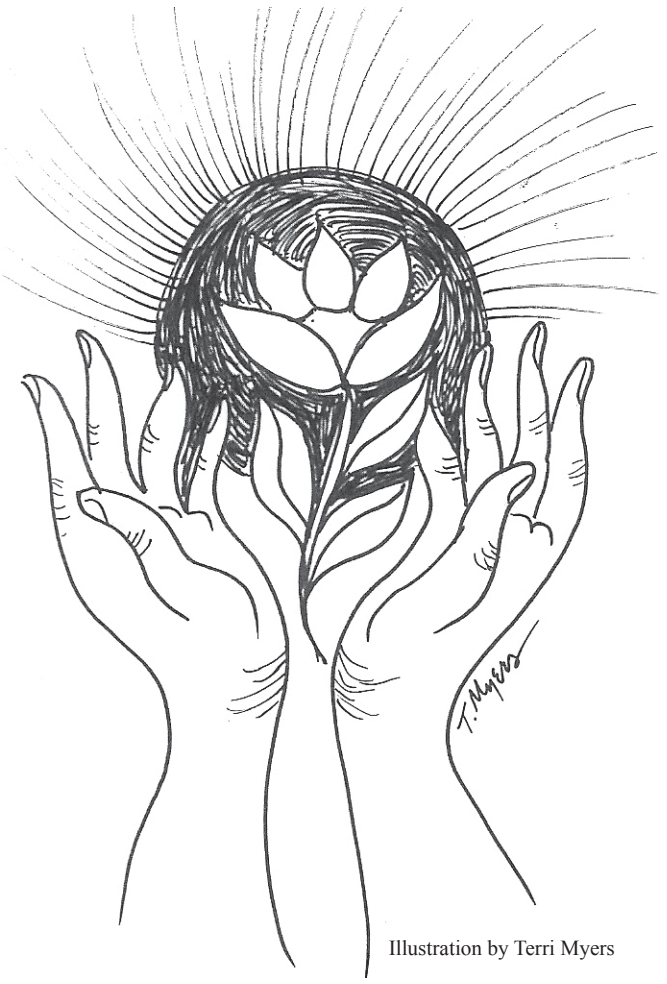

Illustration by Terri Myers

Healing Touch Certificate Program: Level 1 with Barbara McConnell • July 31-Aug. 1 or Aug. 28-29; 8 a.m.-6 p.m. both days • Healing Touch can be used to complement traditional health care. Students use their hands with light or near-body touch to help clear, balance, and energize the human energy system to promote healing for the mind, body, and spirit. It is based on a heart-centered caring for others. CEs available. $250 plus $25 materials fee. For locations, call 517-914-4133; mcconb51@bigplanet.com or healingtouchmichigan.com.

Healing Touch Certificate Program: Level 2 with Barbara McConnell • May 1-2, May 22-23 or June 26-27; 8:30 a.m.-6 p.m. both days • Level 2 is a review of Level 1 with the addition of Back Techniques and several other techniques that will enhance deeper work. You will learn how to interface Level 1 and 2, document sessions, and set goals with the client. $275 plus $25 materials fee. For locations, call 517-914-4133; mcconb51@bigplanet.com or healingtouchmichigan.com.

Healing Circle with Deep Spring Center Teachers • Tuesdays, Noon-1 • We'll circle together, then offer or receive the loving touch of health and wellness. Please join us whenever you can. Donations to Deep Spring appreciated. Call 477-5848; info@deepspring.org.

Distance Healing Meditation and Practice with Glenn Pailthorp • Dates and times to be determined • We will enjoy a guided meditation to clear our aura and open the fourth, sixth, and seventh chakras for our healing work. Then, using a number of distance healing techniques, we will send healings to everyone on our lists. Please prepare a list of people you'll be sending energy healing to. $10. Call 417-8682; pailthorp.com.

Enneagram

Introduction to the Enneagram with Su Hansen • May 8, 1-2:30 p.m. • Learn about the Enneagram, an ancient dynamic personality system that describes nine distinct patterns of perception and motivation in the world. Working with the Ennegram, either alone or with other personal or spiritual growth practices, we are able to open compassion for ourselves and others and free ourselves of unnecessary constrictions. $20 per workshop or $30 for two. Call 417-8397, su@enneagramcenterofannarbor.com.

Enneagram Circle: Discovering, Balancing, and Transforming the Energy of Your Type with Bill Schafer and Alice Mixer • May 21, 6-9 p.m. and May 22, 9-5 p.m. • Based upon a Daoist approach that emphasizes having a feeling for the energy that drives behavior more than just a cognitive understanding of what behavior looks like, the goal of these sessions is to help people live more freely and effectively within the parameters of the Enneagram type. This second of three sessions, which can be taken separately, will explore the second major energetic foundation of type: the particular dan tien or center through which a person habitually filters the life energy. $120. Call Su at 417-8397, su@enneagramcenterofannarbor.com.

A Search for Your Enneagram Type with Su Hansen • June 5, 1-2:30 p.m. • This workshop is an opportunity to join with others in a search for your type. We will explore behavior patterns, motivations, and focus of attention with special emphasis on preferred type of energy and center of perception: mind, body, heart. $20 per workshop or $30 for two. Call 417-8397, su@enneagramcenterofannarbor.com.

European History

Life in the Middle Ages with Society for Creative Anachronism • Sundays, Noon-4 at Island Park • Learn about historical singing, dancing, clothing, Medieval martial arts, and fencing. Free. Contact chatelaine@cynnabar.org or cynnabar.org.

Exercise & Fitness

GyroKinesis with Intelligent Exercise • Wednesdays, 11 a.m. • GyroKinesis is an exercise system that mobilizes the spine, increases mobility of the joints, and expands range of motion using continuous, rhythmic movement and breath. Anyone at any age and physical condition will benefit from it. First class free. $80 for six classes or $20 drop-in. Call Melissa or Jamie at 994-9970; melissa@intelligentexercise.net or intelligentexercise.net.

Yogalates with Intelligent Exercise • Wednesdays, 11 a.m.-12:15 p.m.; Two six-week sessions: May 5-June 9 or June 16-July 21 • Two great disciplines and a great way to start your summer. Combine the strength and clarity of pilates with the flow, flexibility, and introspection of yoga. Come have fun and get centered. $60 for six weeks or $15 drop-in. Call Melissa or Jamie at 994-9970; melissa@intelligentexercise.net or intelligentexercise.net.

Leslie Sansone's Walk Live with Delores Hooks at Mind, Body, Spirit Academe • Mondays and Wednesdays, 10-11 a.m. • Many of you have walked with Leslie in home Walk Away Pounds videos. The walks are very simple to do, based on four simple steps, varied to give you a total workout. There are so many benefits to walking, and joining others is one of them. For cost, call 434-0379; djhooks@comcast.net.

Rites of Rejuvenation: The Fountain of Youth with Dave and Pat Krajovic • June 24, 7-9 p.m. • From the monks of Tibet, these five ancient but simple exercises help build strength and flexibility, as will as help balance your endocrine system, restore energy levels, expel negative energy, balance your chakras, improve your attitude, ease sleep, and instill harmony. $37. Call 734-416-5200.

Exhibits

Art Exhibitions at the University of Michigan Museum of Art • Free. For more information, call 764-0395, umma.umich.edu.
Through June 6 • Art, Anti-art, Non-art: Experimentations in the Public Sphere in Postwar Japan: 1950-1970
Through July 18 • UMMA Projects: Oliver van den Berg
Through July 25 • Wrapped in Silk and Gold: A Family Legacy of 20th Century Japanese Kimono
May 15-Aug. 8 • Turning Point: Japanese Studio Ceramics in the mid-20th Century
June 19-Aug. 15 • Sister Corita: The Joyous Revolutionary

Fairs & Festivals

A Light Fair with A Miracle Today at Interfaith Center • May 22, 10 a.m.-6 p.m. • At this healing fair, practitioners will be available for energy healing, readings, BioMat treatments, aromatherapy products, and much more. Free admission. Call Jude Shepard at 810-599-8855; Judy@AmiracleToday.com or AmiracleToday.com.

Readers/Healers Night at Center for Integrative Well Being • May 10, June 14, July 12, Aug. 9; 7-10 p.m. • This is a fantastic opportunity to come experience many wonderful healing and spiritual modalities presented by gifted practitioners. Come join us for a night of fun. Includes psychics, healers, door prizes, clairvoyants, angel readings, shiatsu massage, tarot, esoteric healing, palmistry, astrology, and more! $5 admission with extra charge for readings and healings. Call Deb Foggio at 248-702-7064; lightworkscenter@att.net or integrativewellbeing.com.

Film

With One Voice: A Film of 24 Spiritual Mystics with Carol Blotter • May 9, 7-9 p.m. • With One Voice shares the eternal message and wisdom of the mystics. This illuminating documentary explores the unity of humanity, reveals our essential oneness, and spreads the single message that binds all faiths together. The film features mystics from many of the great spiritual traditions around the world, whose lives have been dedicated to answering the mysteries of existence. For mystics, all of our problems stem from a loss of connection with the infinite source that sustains us all and their solution is simple: reconnect. By donation. Call 475-0942; cb.meditate@gmail.com or chelsea-meditation.com.

Movie and Discussion at Interfaith Center • May 8, June 12, July 10, Aug. 14; 8 p.m. • One feature-length movie or several short films with spiritual themes will be shown, with discussion afterward. Popcorn and drinks included. For list of movie titles, check the events calendar at interfaithspirit.org. $5 suggested donation. Call Dave Bell at 327-0270; dave@interfaithspirit.org.

Films and Discussion at Jewel Heart • Fridays, 7 p.m. • Once a month, Jewel Heart hosts an evening of entertainment with a free film followed by a group discussion. Bring your friends and join us for a movie, a concession stand, and lots of fun conversation about the film. Free film with concessions available. Call 994-3387, programs@jewelheart.org or jewelheart.org.
May 21 • To be announced
July 23 • The Legend of Bagger Vance hosted by John Schramm
Aug. 27 • Tibet: Pearl of the Himalayas hosted by Uijen Tsewang

Conscious Cinema: Free Movie Night with Members of the Body-Mind-Spirit Family • May 28, June 25, July 23, Aug. 27; 7-9 p.m. • Join us for an engaging event of movies and conversation. We will watch uplifting, insightful, and intriguing movies that make us think, feel, and share. All are welcome! Free. Call 678-4523; staff@bmswc.com or bmswc.com.

Video as a Medium for Spiritual Growth with Officers and Directors of The Theosophical Society in Detroit • Fridays, 7-9 p.m. • Weekly exploratory video or lecture, wide-ranging, metaphysical, mythical, esoteric, consciousness-raising, scientific, etc., followed by indepth discussion. $5 donation. Call Lotus Page at 313-640-8449; lotus711@yahoo.com or http://tsdetroit.org.

EVENING MEDITATION & DIALOGUE
with
Brenda Morgan, PhD

This evening is set aside for those who are drawn to and/or wish to explore their connection with someone who has gone through a spiritual transformation. Others may come on a more regular basis, continuing to deepen their understanding of life and evolution, intensifying the ability to Respond while remaining active in the world.
During these events, what Brenda shares arises from the intuitive and evolutionary needs of those who attend.

Thursday
May 13th
June 17th
July 8th
August 12th
7-8:15pm

LIVE BROADCAST
If you are unable to be there in person we offer a call-in number to listen to the broadcast live. Call 734-424-1159 or email info@movedbythelight.com for more information.

Held at: Friends Meetinghouse
1420 Hill St. Ann Arbor, MI
Love Offering: $15

About Brenda...
Brenda has gone through a spiritual change in which her direct perception and experience of Reality has been permanently transformed. This transformation has been called many things in the history of our planet, but the core of all descriptions of it includes the awareness that everything arises from a Mystery, the Unknown and Infinite Feeling that all is One. Her transformation brings deeper perceptions of reality and a broader vision of life and service to the earth and humanity.

UPCOMING MIDWINTER RETREAT
THE ECOLOGY OF PLAY:
THE KEY TO WELLNESS OF BODY, MIND AND SPIRIT
August 13th, 14th & 15th

For more information on upcoming events including retreats and public meditations please call or email:
734-424-1159
For exploration online:
www.movedbythelight.com
designed by saratea.com

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The Crazy Wisdom Calendar

Flower Essences

Introduction to Bach Flower Remedies with Laurie Akerros • May 22-23 or July 10-11, 9-5 daily • This class will cover the history and an in-depth study of each of the 38 Bach Flower Remedies. Students will learn how to evaluate when a particular remedy might by helpful for emotional, mental, and spiritual issues and how to properly mix and prepare remedies. Each student will leave with their own unique remedy combination and a new skill to help clients, friends, and family. $180. Call 255-2677; lakerros@hotmail.com.

The Healing Power of Flower Essences: A Forum with Flower Essence Makers Ian White and Merri Walters • May 11, 7-9 p.m. at Steiner High School • Join Ian White of Australian Bush Flower Essences and Merri Walters of Great Lakes Sacred Essences for an intimate evening of sharing and discovery. Learn how flower essences can benefit you and your family, see how these flower essence makers approach their craft, and engage them with your questions and comments. $50. Call Wendy Mauntel at 663-3160; info@sacredessences.com or sacredessences.com.

Flower Essences: A Dance with Consciousness with Mary Light • June 19-20, 9:15 a.m.-5 p.m. • Create flower essences from our 800 private acre range and healing mandala garden. Learn all aspects of this vibrational healing pathway. $250. For preregistration, contact gaiaherbalstudies.net.

Herbs, Plants & the Garden

Herbal Wisdom: Local Medicinal Herbs with Linda Diane Feldt • May 27, 7-8:30 p.m. at Crazy Wisdom Community Room • Is it just the foreign exotic (and expensive) herbal medicines that work? We have plenty of local plants that are as good as or better than the imports! Learn about ten local treasures and how you can use them. Free. Call Kevin Sharp at People's Food Co-op at 994-4589; info@peoplesfood.coop or peoplesfood.coop.

Herbal Wisdom: Relieving and Managing Pain with Linda Diane Feldt • June 24, 7-8:30 p.m. • We will discuss herbal and other holistic approaches to pain, pain management, and concern about combining alternative and conventional medicines, with a special emphasis on headaches. Free. Call Kevin Sharp at People's Food Co-op at 994-4589; info@peoplesfood.coop or peoplesfood.coop.

Herbal Wisdom: Teaching the Children with Linda Diane Feldt • July 22, 7-8:30 p.m. at Crazy Wisdom Community Room • A special class on herbal use with children, getting kids involved in their own healing process, teaching kids about wild edibles, and what cautions you need to know in exposing kids to herbs and foraging. There will be lots of resources and practical ideas. Free. Call Kevin Sharp at People's Food Co-op at 994-4589; info@peoplesfood.coop or peoplesfood.coop.

Weed Walks with Linda Diane Feldt • May 23 and June 6, 1-3 p.m. • Join Linda Diane for a slow ramble in two different Ann Arbor parks. We will identify plants used for food and in herbal healing preparations. Handouts included. You may take one or both classes. Children are welcome and no charge under 12 years. Sliding scale $10-20. Contact ldfeldt@holisticwisdom.or or www.holisticwisdom.org.

Healing Our Relationship with Plants: Why Design and Plant Medicine Gardens? with Tahnahga Myers • May 8, 1-5 p.m. • Learn to map one's life journey to create a healing space with healing plants. To create a place of meditation and contemplation, a place of reflection and beauty of the inner self. $35. Call 730-9950.

Gardener's Release with Intelligent Exercise • Tuesday evenings in May • It's that time of year again! Gardening can cause tight, sore muscles. This class will help release muscles using gentle stretching and strengthening techniques, and provide knowledge for use outside of class to keep muscles limber during the heavy gardening season. $15 drop-in or $40 for four sessions. For times, call Melissa Francis at 994-9970; melissa@intelligentexercise.net or intelligentexercise.net.

From Tea to Table: Everything Herbal with Various Herbalists • June 26, 10 a.m.-Noon • Learn about collecting, preserving, and using herbs. We'll cover when it's best to harvest and which portions of the plant to use, what the best preservation methods are, and the wide variety of herbal uses. Bring your favorite drink recipe using herbs to share. $15. Call Dana Wright of Michigan Friends Center at 475-1892; director@mfcenter.org or mfcenter.org.

Urban Agriculture Farm Tour with HomeGrown Agritours: Sustainability In My Back Yard (SIMBY) • May 1, 2-4 p.m. • Learn the challenges and solutions to efficient, productive microfarming in a residential neighborhood. Experience the harmonious backyard of chickens, goats, rabbits, gardens, and more. Celebrate sustainable practices, promote local enterprise, connect with farmers, and taste good food. $25 or $18 for students. Call Lauren Zinn at 230-1901; lauren@simbyagritours.com or simbyagritours.com.

The Amish and Transitional Farms Tour with HomeGrown Agritours: Sustainability In My Back Yard (SIMBY)• May 8, 1-8 p.m. • Experience guided tours of Amish and Transitional Farms. Meet an Amish family and learn how they use energy. Visit the hybrid electric farm next door and measure its wind and solar output. Hike to the river, milk a cow. Celebrate the land, engage in conversation with multiple farmers, support local business, and rejoice in the scenery. $75 or $55 for students includes snack and authentic Amish supper. Call Lauren Zinn at 996-3524; lauren@simbyagritours.com or simbyagritours.com.

Chelsea Area Garden Club Plant Sale • May 15, 8:30-Noon • 1,000s of plants available from local gardens, including perennials, ferns, hostas, wildflowers, ornamental grasses, vegetables, and herbs. Proceeds support civic beautification. For more information, call 433-9772.

Chelsea Garden Walk • July 17, 10 a.m.-4 p.m. • We will visit ten unique gardens in Chelsea to enjoy, explore, and inspire. All proceeds benefit civic beautification by the Chelsea Area Garden Club. $10. For more information, call 475-3539.

Living Botany in the Field with Bronwen Gates • Six meetings: Wednesdays, 6:30-8:30 p.m. beginning May 12 or Thursdays, 9-11 a.m. beginning May 13 or Saturdays, 3-5 p.m. beginning May 8 • In this time of spring emergence and flowering, spend time outdoors with plants enjoying their mystery and complexity, and learning their names and stories. Includes plant identification, plant biology, and plant communities. $108 or $25 per class. No class May 29. Call 975-8754; BronWild@gmail.com.

photo by Pam Wenzel

Some members and guests of the Southeast Michigan Astrologers' Round Table:

(From left to right) Sandy Desmond, Nikki Neal, Elizabeth Sullivan (guest speaker), Cherie Liang, Linda Simran Harvey, Sandy Meade, Phil Meade, Bon Rose Fine and Ed Fine. The photo was taken on Valentine's Day this year, after Elizabeth Sullivan had presented a lecture called "Heavens Above! It's Love!" addressing relationships using Vedic Astrology, a method of astrology generally practiced in India, but gaining popularity and interest here in the U.S.

The Naming of Plants: How Plants Get Their Names with Bronwen Gates • July 23, 7-9:30 p.m. • An evening to explore how plants get their names, either as a stand alone workshop or as an introduction to the weekend intensive. Expand your consciousness about the power of naming in relationship to plants and your own life. $25. Call 975-8754; BronWild@gmail.com.

The Naming of Plants: How Plants Get Their Names Immersion Weekend with Bronwen Gates • July 24, 10-5 p.m. and July 25, 10-3 p.m. • Delve deeply into the complexity and mystery of plants through their names - the ones they give themselves and the ones we give them. This workshop will both empower you in your relationship to plants and plant consciousness, and to your own understanding of the power of naming in your life. $163 with early payment discount offered. Call 975-8754; BronWild@gmail.com.

Holistic Health

Pain Free Living Lecture Series with Ann-Margaret Giovino at Arbor Farms • May 26, June 23, July 28, Aug. 25; 10:30 a.m. and/or 7 p.m. • Our bodies were designed to move. The right kinds of movements keep the body flexible and in alignment. If you have chronic pain, you're probably not moving enough or are moving in the wrong way. This free lecture series will help you understand your body as a unit, offer a new perspective on chronic pain, and show you how to take responsibility for your own health and a pain-free life. Free. Call 276-7769; ann-margaret@gymgiovino.com or gymgiovino.com.

Golden Coins Can't Keep You Healthy: Knowledge is Power with Karen Jones • May 20, 6-7:30 • You can regain health and vitality in the golden years. Knowledge is power. Come, listen, and learn. $15. Call 260-3136; joneskg05@yahoo.com or KarenJonesOT.com.

Comfortable Neck Series with Dale Jensen • May 2, 1-3 p.m. • Comfortable Neck Workshop #3: Relieve jaw tension and eye strain. Often overlooked as a cause of neck pain, clenched jaws and strained eyes create immobility in the neck. Learn to recognize and reduce tension using gentle movement that creates lasting results. The workshop stands on its own, but can be combined with the other two workshops for maximum effectiveness. $25. Call 646-9368; dale@mindbodymove.com or mindbodymove.com.

Homeopathy

The Homeopathic Kit Class: What It Is and How to Use It with Mary Tillinghast • May 15, 2-4 p.m.; May 19, 7:30-9:30 p.m.; June 5, 2-4 p.m.; June 15, 7:30-9:30 p.m.; July 10, 2-4 p.m.; July 21, 7:30-9:30 p.m. • This class is a practical class that teaches you how to use homeopathic remedies for yourself and loved ones. The class briefly touches on the history and theory of homeopathy, then covers choosing remedies for colds, coughs, and sore throats, headaches, minor infections, skin conditions, fevers, stomach problems, minor injuries, and colic and teething for infants. $55 (couples may attend for one fee). Call 973-8990; mary@castleremedies.com or castleremedies.com.

Hypnosis

Tools for Change: An Intro to Hypnosis with Christine Allyson • May 3, June 7, July 5, Aug. 2; 7-8 p.m. • Change is inevitable and you can resist it or embrace it. 90% of how and what we do is done subconsciously. Hypnosis is about aligning the 10% of what we do consciously with the 90% of what we do subconsciously. Christine will teach you how to replace the fear of change with the love of growth. She will guide you through a series of specific tools and principles to successfully facilitate your growth and enhance your life. This is an experiential class. $10. Call Deb Foggio at 248-702-7064; lightworkscenter@att.net or integrativewellbeing.com.

First Annual National Hypnosis Awareness Day with Sherry Berry • May 23, 1-3 p.m. and 6-8 p.m. • Raise awareness, alleviate myths, and gain knowledge through this highly beneficial technique to enhance all areas of your life! Includes free stress reduction session. Open to the public and all hypnosis professionals. Free. Call 480-1820; berryfunny@aol.com.

Infant Massage

Infant and Baby Massage Classes (Ages 2 Weeks to 12 Months) with Ann Zalek • Four Mondays: June 7-28, 3-4 p.m. • Parents and caregivers enjoy learning to massage their babies. Massage stroke sequences for each body area are introduced gradually throughout the four-session course. Learning infant massage helps parents have focused one-on-one time with their child and the benefits of daily massage are numerous. $80 per family. Call 973-1014, info@lamazefamilycenter.org or lamazefamilycenter.org.

Infant Massage with Linda Diane Feldt • Four Wednesdays: June 2-23, 10-11:30 a.m. • Together with your infant, you will learn how massage can help babies, how massage can help parents and babies bond, specific soothing and toning techniques and moves, therapeutic techniques for special circumstances, the theory and practice of reflexology and how it can be gently used with babies, and much more. Handouts and oil included. $60-$90 sliding scale. Call Indigo Forest at 994-8010; Beth@VisitIndigo.com.

Intuitive & Psychic Development

Drop-In Intuitive/Psychic Readings with Diane Evans in the Crazy Wisdom Tea Room • Saturdays, 2-5 p.m. • Diane believes we all have the answers to the questions and concerns within us. Sometimes we just need a little help finding them. Diane's intention is to help you find the oracle that resides within you as she shares impressions, metaphors, and messages to be utilized as tools for self-insight. $1 per minute. No appointment necessary. Call 327-9568, in-genius@comcast.net.

Drop-In Intuitive/Psychic Readings with Marcella Fox in the Crazy Wisdom Tea Room • First and Third Fridays of each month, 7-10 p.m. • Marcella offers guidance and healing using a variety of techniques ranging from intuitive readings to Tarot to Mana Card readings. Readings may include channeling on special issues, Reiki, past life readings, chakra balancing, and journeying. She also offers readings on pets involving remote viewing (your pet need not be present). $1 per minute. No appointment necessary. Call 717-8513 or mpfox@umich.edu.

Drop-In Intuitive Readings with Irena Nagler in the Crazy Wisdom Tea Room • First and Third Tuesdays of each month, 6-9 p.m. • Participate in a shared, interactive dream, allowing the soul to release energy, flow, and insight. Irena can use card decks or other objects to focus or simply tune in with the intention to help activate the client's own powers of discernment, creativity, and confidence in choosing the adventures that call to them. $1 per minute. No appointment necessary. Call 996-1772; birena@umich.edu.

Living in the Field of Grace, Gratitude, Blessings, and Miracles with Ann Burton • May 8, May 22, June 5, June 12, June 19, Aug. 7, Aug. 21; 1-4 p.m. • There are unlimited "fields" we can connect in. Ann feels there is great joy and benefit in connecting with and energizing the field of grace, gratitude, blessings, and miracles. These gatherings are designed to get us playing in the field of potentialities and creating our own grace, gratitude, blessings, and miracles field, and making it available to all as a service to all. Experiential introduction to two pointing based on Matrix Energetics presented. $35. Call 810-599-3302; ann@blessingpresence.org or blessingpresence.org.

Heart Based Intuitive Development with Melanie Fuscaldo • May 25, Noon-1:30 • Develop your intuition with heart based techniques to discover information about relationship, health, and spiritual goals. Explore inner purpose and career path. $30. Contact melaniefuscaldo.com.

The Crazy Wisdom Calendar

Psychic Development Circle with Deb Foggio • Thursdays, May 6-Aug. 26; 7-9 p.m. • A developmental circle for those individuals who have opened up to their psychic and metaphysical gifts and would like to take them to the next level. We will be working on enhancing skills you may already have developed as well as helping you expand into new areas of development. $15. Call 248-702-7064; lightworkscenter@att.net or integrativewellbeing.com.

Walking Your Destiny: A Toe Reading Workshop with Deb Foggio • July 17, 1-3 p.m. • The true gift of learning the art of toe reading is to learn a way to create deep insight into your own life or the lives of others by understanding that toes and the sole of the foot are a hologram for everything that has happened in one's life. Major trauma, dramas, personality tendencies, and destiny factors are stored in the toes. With the intention to be an instrument in the peace and healing of another, you can transcend the physical observations and quite literally learn to read a person's soul prints by acknowledging their sole's recording. $35. Call 248-702-7064; lightworkscenter@att.net or integrativewellbeing.com.

Chakras, Kundalini, and Psychic Development with Glenn Pailthorp • May 9, June 13, July 11, Aug. 8; 1-3 p.m. • Using guided meditations, we will explore our chakras for healing and psychic development. We will also practice stimulating and working with the Kundalini for our physical and spiritual health. $10. Call 417-8682; pailthorp.com.

Foundations in Psychic Development I with Violeta Viviano • Six-session series or Two-day weekend class • We each have a bubble of spiritual energy within and around our bodies called the aura. This class hones our own perceptive skills as we learn easy yet powerful techniques for sensing, clearing, and repairing our chakras and aura. This clearing allows our energy to flow easily, releasing emotional, physical, and/or mental disturbances. This is a basic class in John Friedlander's system. $175. For dates, call 677-2761; violetaviviano@ameritech.net or psychicdevelopment.cc.

Foundations in Psychic Development: Level I-II Practice Sessions with John Friedlander • May 11, June 8, July 13, Aug. 10; 7-9 p.m. • Open to all students who have finished Level I or I and II. Class begins with a clearing meditation and includes new insights and deepening awareness. $10. Call Violeta at 677-2761; violetaviviano@ameritech.net or psychicdevelopment.cc.

Foundations in Psychic Development II: The Clairvoyant Beauty of Creating Your Reality through Space and Wisdom with John Friedlander • Weekend TBA • We will explore how desires and ideas come to fuel specific outcomes so as to better direct our energies toward more pleasant, wiser outcomes. There are two basics components to the creation of an event through our aura. They are: 1. how much of the space in a person's aura is conditioned or colored by 2. a particular intensity of emotion given shape and direction by his or her ideas and spiritual will. We then develop specific ways to open our space and find our true spiritual impulses, our authentic desires and ideas. $250. For dates, call Violeta at 677-2761, violetaviviano@ameritech.net or psychicdevelopment.cc.

Foundations in Psychic Development III: Seeing Auras with John Friedlander • Weekend TBA • We will explore the psychic anatomy of clairvoyance, how to activate and empower this perception, and several ways to use this ability in making decisions, in healing oneself and others. We will move to actually do comprehensive, systematic psychic readings in partnership with other students. $250. For dates, call Violeta at 677-2761, violetaviviano@ameritech.net or psychicdevelopment.cc.

Foundations in Psychic Development III Reading Practice Sessions with Violeta Viviano • May 26, June 23, July 28, Aug. 25; 7-9 p.m. • Open to all students who have finished Level III. We continue to deepen our perceptive skills and clairvoyance by reading our own aura and that of others, which helps us clear our own space. $10. Call Violeta at 677-2761, violetaviviano@ameritech.net or psychicdevelopment.cc.

Foundations in Psychic Development IV: Channeling with John Friedlander • Weekend TBA • Learn the clairvoyant mechanics of skillful channeling: how to prepare your space by running an ever clearer white light vibration while still owning and governing who and what occupies your space. This requires clearing psychic agreements, karma, and thought forms that distort both ordinary awareness and channeling. $250. For dates, call Violeta at 677-2761, violetaviviano@ameritech.net or psychicdevelopment.cc.

Living in Awareness: Foundations in Psychic Development I with Tiffany Mazurek • May 15, 9-5 p.m. • This class hones our perceptive skills as we learn easy yet powerful techniques for sensing, clearing, and repairing our chakras and aura. These techniques allow our energy to flow easily while releasing emotional and/or physical blockages. This is a basic class in John Friedlander's system. $125. Call 709-2096; sacred-healing.com.

Get Intuit: Intuitive/Psychic Development with Shala Kilmer • Eight Tuesdays starting June 1, 6:30-9 p.m. • Have you wondered why your intuition works so well sometimes and not so well in situations where you really need it? Get Intuit will introduce many techniques for tapping in. Results are immediate. $198. Call 248-258-8287; shalakilmer@gmail.com or IntuitionPath.com.

Clairvoyant and Intuitive Development Seminars with Ray Golden of Center for Intuitive Health • Early registration discounts available. For more information, call 663-9724; intuitivehealth@aol.com or rayogoldenreiki.com.

Intuitive Awareness 1: Awareness and Intuitive Self Healing • May 22-23, 10-5 each day • Learn simple, powerful techniques to begin to perceive, ground, and heal your psychic and emotional space, aura, and chakras. These tools allow you to do personal healing while developing your intuitive perception. Learn to clear others' energies out of your field. $189.

Intuitive Awareness 2: Deepening Awareness and Skills • July 17-18, 10-5 each day • Continue to develop your intuitive perception, do personal healing, and learn to recognize and heal layers and boundaries of the aura and out of body chakras. Connect with one of your healing guides to communicate and do healing work. Prerequisite: Intuitive Awareness 1. $199.

Intuitive Awareness 3: Putting It All Together • Saturday and Sunday TBA • Read auras and do professional quality clairvoyant readings. Learn to communicate directly with guides. $199.

Love & Relationships

Guy Talk: Understanding Men and Relationships with Felix Paulick and Patrick Soule • May 18, 6-8 p.m. at Crazy Wisdom Community Room • Are you a man who is having difficulty with your work, relationship or daily life? Are you a woman who struggles to understand or relate to the men in your life? Join us for a discussion that is open to men and women to learn about strategies and local resources available to help men create happier lives and better relationships. Free. Call Felix at 883-8701; felix@togrow.org or togrow.org.

> The best remedy for those who are afraid, lonely or unhappy is to go outside, somewhere where they can be quiet, alone with the heavens, nature and God. Because only then does one feel that all is as it should be and that God wishes to see people happy, amidst the simple beauty of nature.
>
> - Anne Frank:

Discover A New Way to Love: Weekend Workshop for Couples with Carole Kirby • June 4-6 • Give your relationship a gift, whether you've been together six months, 5, 10 or 30 years, this weekend will offer you new tools and understanding that can help you co-create a closer, stronger coupleship. This workshop is based on the best-selling book *Getting the Love You Want* by Dr. Harville Hendrix, founder of Imago relationship therapy. All kinds of couples welcome! For times and cost, call 424-2797; Carole777@aol.com or therapy4couples.com.

Boundaries of the Self: Why do we need them? When do we need them? with Carole Kirby • May 16, 2-4:30 p.m. at Crazy Wisdom Community Room • Our boundary is the invisible protective screen that develops around the self to hold our developing self intact as children. Boundaries provide a sense of security for children and protect their innocence. Later, our boundaries determine our sense of self-esteem, our self confidence, our sense of control over our lives and personal freedom. With clearly defined boundaries, we know our own thoughts and feelings and are able to interpret and regulate our interactions with our world. Learn ways to strengthen and regulate your boundaries. Everyone welcome! Free. Call 424-2797; Carole777@aol.com or therapy-4couples.com.

Massage

Thai Yoga Massage Certification with Kam Thye Chow through Be in Awe • Level 1: June 2-6, Level 2: June 9-13 • Launch a career in just ten days. The only prerequisite is Metta - the ability to express lovingkindness, which is ingrained in all humankind. Thai Yoga Massage will bring out the best of this passion in you. For cost and times, call Jody Tull at 213-0435; info@BeinAwe.com or BEINAWE.com.

Massage Therapy Program Informational Orientation at the Ann Arbor Institute of Massage Therapy with Sara Martens • May 13, 10-11:30 a.m.; May 25, 6-7:30 p.m.; June 10, 10-11:30 a.m.; June 15, 6-7:30 p.m.; July 9, 10-11:30 a.m.; July 12, 6-7:30 p.m.; July 23, 10-11:30 a.m.; Aug. 3, 6-7:30 p.m.; Aug. 13, 10-11:30 a.m.; Aug. 25, 6-7:30 p.m. • Are you interested in a massage therapy career but do not know where to start? Are you confused by all the different massage programs out there? Do you have questions about our school and what we have to offer you? If so, join us for our informal orientation! AAIMT is dedicated to assist each student in achieving excellence in therapeutic skills, personal awareness, and the sensitivity needed for a successful and rewarding career in massage therapy. The program includes Anatomy and Physiology, Myofascial Therapy, Neuromuscular Therapy, Sports Massage, Shiatsu, Seated Massage, and various components and related approaches to therapeutic massage. Classes typically meet from 9 a.m.-5 p.m. each day and qualify for CE credits. Free. Call 677-4430; info@aaimt.edu or aaimt.edu.

Thai Massage: An Introduction with Jennifer Giacomelli through AAIMT • July 16-18, 9-5 p.m. • Thai Massage is an ancient healing system that has been practiced for more than 1,000 years, beginning with Buddhist monks in temples. It is a combination of Ayurveda, Yoga, Buddhism, and Thai healing techniques called "ancient healing touch". This style of massage greatly effects muscle flexibility utilizing stretching movements and pressure on energy points. The recipient will experience feelings of relaxation, peace of mind, happiness, flexibility, and youthfulness. $465. Call Sara Martens at 677-4430; info@aaimt.edu or aaimt.edu.

Thai Massage II with Jennifer Giacomelli through AAIMT • May 1-2, 9-5 p.m. • In this intermediate work, students will build on what they have learned in the introductory course. They will move on to skills and techniques for recipients in a seated position, side-lying, and prone. Upon completing the course, students will be able to offer a complete 2.5-3 hour Thai massage. $250. Call Sara Martens at 677-4430; info@aaimt.edu or aaimt.edu.

Therapy Stones with Christy Zarek through AAIMT • Aug. 21-22, 9-5:30 p.m. • Learn how to work creatively and effectively with hot and cold stones while offering an extremely popular service to your clients. Expand your knowledge with a different type of deep tissue therapy and work with alternating temperatures as a tool. Students will also learn to clean and care for their stones. Hot and cold stones and warming equipment will be needed at an additional cost. $330. Call Sara Martens at 677-4430; info@aaimt.edu or aaimt.edu.

Sports Massage I: Event Level with Jocelyn Granger through AAIMT • June 26-27, 9-5 p.m. • Sports Massage is a rapidly emerging specialty within the massage therapy field. A combination of specialized techniques is used to prevent sports injuries, boost athletic endurance and performance, and accelerate recovery from injury or fatigue. The principles and techniques of Sports Massage include the physiology of injury and repair process, pre- and post-event work, maintenance work, and injury assessment and treatment. $250. Call Sara Martens at 677-4430; info@aaimt.edu or aaimt.edu.

Sports Massage II: Injury Prevention/Correction with Jocelyn Granger through AAIMT • May 21-23, 9-5 p.m. • See above description. $350. Call Sara Martens at 677-4430; info@aaimt.edu or aaimt.edu.

Lithe and Limber Lumbar with Shuna Morelli through AAIMT • May 14, 9-1 p.m. • Chronic lower back pain is often caused by soft tissue injuries due to postural deviations, prolonged sitting or overuse of area musculature. You will learn the three key muscles that contribute to the majority of back pain; how to easily palpate, locate, and release relevant trigger points; and how to use PNF stretches to complete your treatment. $99. Call Sara Martens at 677-4430; info@aaimt.edu or aaimt.edu.

Anatomy and Palpation Skills with Christia West through AAIMT • Aug. 13-15, 9-5 p.m. • This workshop will expand the student's ability to palpate body landmarks, muscles, and structures. Emphasis is on anatomy, body mechanics, exercises for increasing sensory awareness, and self care. Experiential techniques are used to help distinguish muscles, bones, and various other structures. $350. Call Sara Martens at 677-4430; info@aaimt.edu or aaimt.edu.

Myofascial Therapy I with Christia West through AAIMT • Aug. 27-29, 9-5 p.m. • Myofascial Therapy is an effective form of Deep Tissue Massage that addresses postural distortions and chronic myofascial patterns of strain. In this class, we are treating the core muscles. We learn to correct dysfunction due to muscular imbalances in the core area. $350. Call Sara Martens at 677-4430; info@aaimt.edu or aaimt.edu.

Neuromuscular Therapy I with Jocelyn Granger through AAIMT • June 18-20, 9-5 p.m. • This workshop begins with an examination of the theory and history behind neuromuscular therapy. Back, neck, and posterior hip are the areas of focus. $350. Call Sara Martens at 677-4430; info@aaimt.edu or aaimt.edu.

Neuromuscular Therapy II with Jocelyn Granger through AAIMT • July 9-11, 9-5 p.m. • Neuromuscular Therapy is used for the freeing and relief of chronically tense, contracted, and painful tissues. It is an advanced form of massage therapy that requires a high degree of anatomical precision, specificity, and skilled palpation. It provides complete and effective relief from chronic pain and tension. Treatment of the shoulder, arm and hand, and lower leg and foot. $350. Call Sara Martens at 677-4430; info@aaimt.edu or aaimt.edu.

Neuromuscular Therapy III with Jocelyn Granger through AAIMT • July 23-25, 9-5 p.m. • See above description. Abdomen, head, TMJ, and medial and anterior thigh are the areas of focus. $350. Call Sara Martens at 677-4430; info@aaimt.edu or aaimt.edu.

Pathology with Christia West through AAIMT • June 5, 9-5 p.m. • Massage therapists are ethically responsible for recognizing clients' deviations from ideal health and knowing if massage is indicated or contraindicated. Our purpose is to help the beginning massage student form a knowledge base upon which they can build as they begin to practice. $150. Call Sara Martens at 677-4430; info@aaimt.edu or aaimt.edu.

PNF for Optimum Results with Shuna Morelli through AAIMT • Aug. 7-8, 9:30-4:30 p.m. • PNF is a neuromuscular re-education system that allows you to facilitate communication between muscle tissue and the motor cortex of the brain. This allows you to quickly relieve pain and range of motion issues presented by so many of your clients. PNF is easy to learn and you will become proficient with 15 PNF therapeutic stretches in both the upper and lower body. $295. Call Sara Martens at 677-4430; info@aaimt.edu or aaimt.edu.

Medicine for the Earth

Medicine for the Earth: Restoring Health to Self and the Environment with Kate Durda and Stephanie Tighe • May 1, 10- 5 p.m. and May 2, 9:30-4 p.m. • Powerful two-day experiential workshop/personal retreat is based on the work of Sandy Ingerman. You will learn how to transform personal and environmental energy blockages and "pollution" by learning how to transmute negative beliefs, attitudes, and the energy that comes forth from our emotions. Learn about alchemy and how to create miracles. Ends with healing ceremony on Sunday afternoon. $100 pre-registered for two days. Call 517-543-6754; spiritweavers@gmail.com or spiritweavers.net.

Meditation

Guided Meditation Hour with Lela Iduna at Body, Mind, Spirit Wellness Center • Thursdays, 7-8 p.m. • This class will provide you with deep guided meditations. Whether you are an experienced meditator or just a beginner, this class will offer you a chance to go deeper within to experience the peace that comes from getting out of the way and stilling your mind. Free with reservations required. Call 517-898-2303; revlela@centersoflight.org or centersoflight.org.

Active-Reflective Meditation with Susan King • May 5, 19, June 2, 16, 30, July 7, 21, Aug. 4, 18; 7-8:15 p.m. at Interfaith Center • Susan leads varying activities each session to encourage reflective meditation using active, multisensory engagement. The rituals borrow from Native American, shamanic, and eastern elements to incorporate meditation with sound, movement, and visualization such as using a medicine wheel, working with sacred story, and soul card meditations. Donations accepted. Call 327-0270; interfaithspirit.org.

Meditation Service with Annie Kopko • May 12, 26, June 9, 23, July 14, 28, Aug. 11, 25 at Interfaith Center • Rev. Annie Kopko leads a brief service including a spiritual reading and sharing, silent meditation, and music. All are welcome. Donations accepted. For times, call 327-0270; interfaithspirit.org.

Pure Meditation Foundation Class with Self Realization Meditation Healing Centre • June 12, 3-5 p.m. • Conquer stress, improve concentration, and find inner peace. Of value in all walks of life, pure meditation foundation training - which includes the meditative peace breath - helps you be in charge of how you feel physically, mentally, and emotionally. It takes only a few minutes to practice each day. $40 includes refreshments. Call Joanne Rowe at 517-641-6201, SRMHCMichigan@cs.com or SelfRealizationCentreMichigan.org.

Soul Wisdom Expressions Retreat
Break Free to Your Authentic Self
On The Shores of Lake Huron
Are you living your soul's true reflection?
Is it time for that quantum leap?
Discover the freedom of living your authentic expression!!
Included in this weekend experience:
•Sunrise Meditation
•Systemic Constellations
•Qi Gong
•Labyrinth Meditation
•Walks on the Beach
•Bon fire/Campfire
Date: July 9, 10 & 11
Includes Meals & Lodging: $275
Contact Info and Registration
Jane McLaren 248-345-3890
Deb Foggio 248-702-7064
www.integrativewellbeing.com
To explore this life changing experience join us at Soul Essence Evolving every 2nd & 4th Friday 7-10 pm
at The Center for Integrative Wellbeing located at 42839 5 Mile Rd. Plymouth MI 48170

The Crazy Wisdom Calendar

New Movements Bring Relief, Surprise…

Joanna Myers on the Feldenkrais® Method

Photo by Sarah Neeley

Joanna Myers is co-leading a class on *Raising a Balanced Child*, which is listed in the 'Parenting section'. Her *Feldenkrais* class is listed in the 'Bodywork' section. Her *Stress Management* class is listed in the 'Stress Management' section.

When I went to my first Feldenkrais® class, I was at the end of my rope. I was ready to let go of a career as a classical violist and move on to something less, well…torturous. And I'd certainly tried a lot of things.

It started with a repetitive stress injury in college that morphed into a tremor in my left hand. I'd always been a natural player, but the protective mechanisms I built up around this injury persisted for years, robbing me of my former ease and spontaneity. And yet I persisted through two performance degrees and into freelance orchestral life. Meanwhile, I developed a nasty case of depression and anxiety.

> "By re-educating my body,
> I amplified my emotional intelligence tenfold!"

But with Feldenkrais, I began to think differently about my situation. Here were minimal movements making huge physical changes and bringing sensation where none was before. Chronic tensions melted away. I felt what it's like to be truly kind to myself in movement, to work within my limits rather than frantically pushing at their edges, and to give authority to my own experience in the moment, not compare myself to anyone else.

The Feldenkrais Method uses movement and sensation to re-train the body to function more efficiently and skillfully. In group Awareness Through Movement® lessons, participants are verbally guided through a precisely-structured sequence of movements while their attention is brought to different places in the body, different ways of doing movements, and how to bring qualities of ease and connectedness into these very novel patterns. In hands-on, one-on-one Functional Integration® lessons, Feldenkrais practitioners communicate the qualities of ease and skill through touch and passive movement. Because both types of lessons work at the level of the nervous system, the Feldenkrais Method is great at unscrambling holding patterns and habitual tensions that get people stuck and vulnerable to injury.

As a classically trained musician, I recognized not just the benefits of this method, but the rare depth and artistry of it. Here was a discipline that carried infinite possibilities for both my own cultivation and for helping others. One year after my first lesson, I entered Feldenkrais professional teacher training.

Over the course of the 800-hour intensive program, both my movements and my personality took on a more natural quality. As my body became less rigid, I began to explore some of the ways I'd protected myself from really living.

For example, I could feel how my posture related to the assumptions and emotional landscape of my

> "As a classically trained musician, I recognized not just the benefits of this method, but the rare depth and artistry of it."

family. I noticed how allowing my ribs to move with breath related directly to permission to being more myself in the world. By re-educating my body, I amplified my emotional intelligence tenfold!

Ultimately, my tremor went away. Not to mention the "fringe" benefits of running faster, standing taller, and having all sorts of little kinks worked out. I now walk my own jaunty walk, and continue to learn and improve weekly. Finding new movement patterns is positively addictive, because I'm always experiencing my body, and therefore life, in a new way.

I recently asked my students whether they missed our weekly class when I was on vacation. I got a resounding "YES!" Two clients shared their stories with me:

"I am so glad that I joined your classes this past year. When I first started taking Feldenkrais, I was unable to lie on my back with my legs straight out without excruciating pain in my lower back. A lot of that was due to the fact that through daily life and working out, I was forcing my body to do things that hurt more than helped. I now feel that I have a better understanding of how to let my parts work together as one, instead of trying to force them to do my bidding. I no longer have difficulty lying on my back...I feel that I am definitely on the road to recovery."— Joan Miller

"After our last Feldenkrais session, I sat in my car and cried...for joy at being completely pain-free for the first time in many, many years. I have a debilitating myofacial pain disorder that has left me in nearly constant pain for the last ten years. The treatment for it has been a collection of painkillers, which only mask the pain and never really take it away, not to mention the numerous bad side effects. So, imagine my joy at discovering that Feldenkrais is actually getting to the source of the pain and alleviating it! Just a month ago, I was able to forego the Botox injections I've been getting in my head, neck, shoulders, and upper back every three months for years. I can't begin to thank you for this priceless gift, and can't imagine ever NOT doing Feldenkrais! Thanks again for all you've done for me. It is nothing short of giving me back my life."

— Karen Cass

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(Joanna Myers MM, GCFP has been teaching Feldenkrais® classes and workshops since 2002. In her private practice, she combines the Feldenkrais Functional Integration® method with energy healing, Core Transformation, and Flower Essences. A dedicated collaborator, she recently opened the Trillium Center for Balanced Health in SE Ann Arbor, featuring classes in movement, nutrition, and natural remedies. Joanna can be reached at 734-395-8486 or feldannarbor@gmail.com, or visit www.feldannarbor.net.)

Meditation (continued)

Pure Meditation Course including Raja-Kriya Yoga with Self Realization Meditation Healing Centre • July 4-10 • Find the peace that passes all understanding with pure meditation. Learn tools to relax, focus, and regain mastery of your mind to ease away the layers of ego to reveal your True Self, lasting joy, and more! $765 includes lodging and vegetarian meals. If you cannot afford the full fee, please contact us. Call Joanne Rowe at 517-641-6201, SRMHCMichigan@cs.com or SelfRealizationCentreMichigan.org.

Deepening Meditation with Martha Kimball • May 19-June 9, 6-8 p.m. • This four-week series is for meditators who have finished the first training (Beginning Meditation) and/or those who have had a personal meditation practice of several months. It introduces new strategies and provides participants with the support of a community of other practicing meditators. $107. Call Ronda Barnes at 998-5679; rondbarn@med.umich.edu or umcvc.org/stress.

Meditation and Chanting with Siddha Yoga Meditation Center of Ann Arbor • Thursdays, 7-8:30 p.m. • Join us for an evening of Siddha Yoga meditation and chanting. No charge for programs. Call 747-7116; symcannarbor@gmail.com.

Mastering Meditation with Kapila Castoldi • May 11, 18, 25; 7-8:30 p.m. • Free introductory program. Topics include bringing meditation to your daily life and self-awareness through meditation, along with the practice of concentration, breathing, and other meditation techniques. Free. Call 994-7114; castoldi@oakland.edu or srichinmoycentre.org.

Meditation Night at the Center with Deb Foggio • Wednesdays, 7:30 p.m. • Deb facilitates this evening of meditation using the power of intention. Setting of intention is a powerful tool to help us discover answers to the questions we seek. Group meditation enhances our energy through tapping into the energy of the group to move into new levels of experiencing wisdom or healing. On occasion, messages will be received for those participating in the meditation. Come experience the healing benefits of meditation and more. $15. Call 248-702-7064; lightworkscenter@att.net or integrativewellbeing.com.

Meditation for Everyday Living with Dave Krajovic • May 12, 7-9 p.m. • Most people know that meditation has great benefits, but are afraid to try it, have tried it and found it doesn't work or don't know where to start. This practical class will help you bring the benefits of meditation into your life now. Learn about the physiological benefits of meditation and its history, basic postures, breathing patterns, and pitfalls. Experience a guided meditation. $37. Call 734-416-5200; relax@bodyworkshealingcenter.com or bodyworkshealingcenter.com.

Guided Meditation with Sandra Berman • Tuesdays, 1-2 p.m. • For all people affected by cancer. This class utilizes relaxation techniques along with guided meditation in order to foster a state of ease. No experience necessary. Free. Call Bonnie Dockham at 975-2500; bonnie@twc-semich.org or thewellnesscommunity.org/semich.

Meditation and Healing Night with Jude Shepard and Christine Fodor • May 12, June 9, July 14, Aug. 11; 7 p.m. • Beautiful monthly meditation and healing night at Lighthouse Center. We bring in surprise guests monthly to teach and inspire on a passionate subject. We enjoy a guided meditation by Christine, then we go into silence where we have experienced energy healers do reiki, hands-on, and Bio Genesis healing. Come join us for this powerful night. $20 suggested donation. Call Jude Shepard at 810-599-8855; judy@AmiracleToday.com or AmiracleToday.com.

Meditation Circle with Ron Leinweber • Thursdays, 7:30 p.m. • The meditators' support circle at The Theosophical Society in Detroit emphasizes meditation as a way to be with spirit and in spirit. There are no shortcuts or crash courses, no instant mysticism. We sense in stillness with others a great linkage and strengthening. We meet to support each other's daily meditation. Typically, we begin with a short reading and several minutes of contemplative music, leading into two 30 minute silences, broken by a five minute interval. Participants may leave during this time or move about quietly in a meditative walk. Free. Call 248-280-4711; rolandes@aol.com or tsdetroit.org.

Sahaj Samadhi: The Art of Effortless Meditation with Jim Larsen • June 1-3, 6:30-9:30 p.m. each day • Sahaj Samadhi meditation is a personal, effective meditation practice that is effortless. The mechanics of meditation and obstacles to meditating will be discussed. $250 or $150 for students/seniors. Financial scholarships available. Call Aditi Dave at 358-4570; aditi.dave@artofliving.org or artofliving.org.

Introduction to Meditation Workshop with Ann Barden through Deep Spring Center • May 8, June 12, July 10, Aug. 7; 9-Noon • An introduction to insight meditation. No experience necessary. Wear comfortable clothes. Cushions and chairs provided. $20 building fee with opportunity to offer dana for the teacher. Call 477-5848; info@deepspring.org or deepspring.org.

Satipatthana Sutta: The Four Foundations of Mindfulness with Ann Barden through Deep Spring Center • Six Mondays: May 3-June 14, 7:30-9 p.m. • Following these instructions can help bring what we learn to our practice of meditation and bring more mindfulness into our lives. The goal is to cultivate continuous mindfulness. There will be an opportunity to offer dana for the teacher and Deep Spring. Call 477-5848; info@deepspring.org or deepspring.org.

Transformational Breath for Experienced Meditators with Julie Wolcott, Frank Levey, Lisa Zucker, and Marcia Bailey through Deep Spring Center • Three Thursdays: May 6-June 3, 7:30-9 p.m. • Each session will include facilitated breathwork of 40 minutes or more, along with full integration and periods of silent meditation. A comprehensive introduction will be presented at the first class. Transformational Breath can free up old, stuck, negative emotional patterns, resulting in greater integration of mind, body, and spirit; more joy and peace in life; and increased clarity and focus in meditation. $21 building fee with opportunity to offer dana for the teacher. Call 477-5848; info@deepspring.org or deepspring.org.

Tuesday Morning Group Meditation with Bilha Rivlin through Deep Spring Center • Tuesdays, 6:30-7:15 a.m. • Sitting meditation to start the day! Please enter and depart in silence. Instruction is not provided. Donations gratefully accepted. Call 477-5848; info@deepspring.org or deepspring.org.

Sunday Morning Group Meditation with Susan Weir and Other Teachers through Deep Spring Center • Sundays, 10-11:30 a.m. • Sunday morning sitting meditation from 10-11 a.m., followed by a half-hour of mindful sharing. Donations gratefully accepted. Call 477-5848; info@deepspring.org or deepspring.org.

Grounded Meditation with Victoria Eaton and Ellie Shonsky-Genovese • May 9, June 13, July 11, Aug. 15; 11:30 a.m.-1:30 p.m. • Great for people who are sensitive to others' energy, especially Reiki healers, massage therapists, and anyone who comes into close contact with others. Learn how to control your own energy and protect our own energy. $25. Call Victoria at 586-773-9677; v.eaton@live.com.

Focused Meditation with John Friedlander • July 16-17; Saturday, 9-6 p.m. and Sunday, 9-3 p.m. • The development of sustained, focused meditation makes it easy to develop a whole new magnitude of psychic skill and healing ability, as well as a whole new level of mental clarity and spiritual openness. Each participant will both leap ahead with his/her spiritual abilities, and also make an excellent start in developing sustained, focused attention. $250. Contact Gloria Hemsher at hemsherglo1@yahoo.com or psychicdevelopment.cc.

Oneness Blessing and Meditation with Lee Schaberg • Mondays and Fridays, 7-8 p.m. • This non-denominational transfer of divine energy initiates a neurobiological change in the brain that enables the senses to be free from interference of the mind. A natural clarity of perception occurs, bringing joy, inner calm, and connection to the oneness in everything. By donation. Call 358-5529; lee.k.s.@comcast.net.

Guided Meditation Course with Ema Stefanova • Wednesday, 5:30-6:45 p.m.; Thursday, 7:30-8:30 a.m. • Learn a variety of meditation techniques to relax and improve memory and concentration. This purely practical experience does not interfere with personal beliefs. Beginner through experienced practitioners welcome. For cost, call 665-7801; EmaStefanova.cs.com or YogaAndMeditation.com.

Meditation and Markers with Jennifer Flowers • First Thursday of each month, 6:30-7:30 p.m. • Now is the time to give your children a gift they will forever cherish! This wonderful meditation class is geared to children ages 7 and up. We will be using guided imagery to relax our minds, allow creative energy to flow, and improve thought patterns. Following the meditation, the children may either journal or draw, whichever they choose. $12, with $6 for each additional family member. Call 734-416-5200; info@bodyworkshealingcenter.com.

Candlelight Meditation and Healing with Lighthouse Center • Sundays, 6-7:15 p.m. • Begin the new week by renewing your spirit with chanting, meditation, prayer, visualization, and a healing circle. Reiki healing available. No cost. Call Prachi at 734-449-4381, thielp17@yahoo.com.

Intensive Meditation with Lighthouse Center • First and Third Fridays of each month, 7:30-10 p.m. • Mantra meditation, 20 minutes on each of the seven chakras. No cost. Call Prachi at 734-449-4381, thielp17@yahoo.com.

Learn to Meditate with Nirmala Nancy Hanke of Lighthouse Center • May 28, June 25, July 30, Aug. 27 • Introduction to mantra meditation in the Jain tradition, with meditation and empowerment. $35 or $25 students. For times, call Prachi at 734-449-4381, thielp17@yahoo.com.

Healing and Meditation Night with Christine Fodor and Judy Shepard of Lighthouse Center • Second Wednesday each month, 7-9 p.m. • A night to clear, heal, and regenerate with guided meditation into silence with energy healing. $20 suggested donation. Call Judy at 810-599-8855; Judy@aMiracleToday.com.

New Moon Meditation with Christine Fodor of Lighthouse Center • May 15, June 12, July 17, Aug. 7; 7-10 p.m. • New moon meditation to bring in the new in your life. Select angel messages. Optional journaling. $20 suggested donation. Call Judy at 810-599-8855; Judy@aMiracleToday.com or sheenadwah.com.

Memorial Day Meditation Service with Lighthouse Center • May 31, 7-9 p.m. • At this service, we will light candles for all loved ones who have transcended. We will also have chanting, meditation, and prayers. Veggie potluck after the service. No charge. Call Prachi at 734-449-4381, thielp17@yahoo.com.

The Crazy Wisdom Calendar

Meditation (continued)

Weekend Seminar with Gurudev Shri Chitrabhanuji of Lighthouse Center • May 15-16, 9:30 a.m.-Noon • Gurudev Shri Chitrabhanuji is a Jain Master who brings to the West the 5,000 year old Jain teachings of non-violence, reverence for life, and relativity of thinking. Through these teachings, he gives practical guidelines for daily life and self-realization. Lectures and private consultations each day. Loving donation. Call Prachi at 734-449-4381, thielp17@yahoo.com.

Weekend Spiritual Retreat with Gurudev Shri Chitrabhanuji and Pramodaji Chitrabhanu of Lighthouse Center • July 17-18, 8 a.m.-5 p.m. • Third annual weekend retreat with Chitrabhanuji and Pramodaji once again blessing us with their presence and the Jain teachings of non-violence and the Jain way of life. Includes chanting, meditation, consultations, and yoga. For cost, call Prachi at 734-449-4381, thielp17@yahoo.com.

The Art of Presence with Nirmala Hanke of Lighthouse Center • Thursdays: June 3-July 8, 7-9 p.m. • Six-week class with Eckhart Tolle's retreat on cds. Come listen and be inspired! $75 with discount for members. Call 734-645-2188; nirmala.hanke@gmail.com.

The Principles and Practice of Scientific Meditation with Christo Bowers of Body Mind Spirit Wellness Center • Ten weeks starting May 4, 7-8:30 p.m. • The practice of scientific meditation begins as a comprehensive overview and examination of the scientific principles underlying the creation and actualization of the mental, astral, and etheric bodies. These principles will then be related to the theory and practice of scientific meditation - a scientific model of meditation based on the functionality of the mental, astral, and etheric bodies. Each participant will receive one hour of private meditation instruction based on an intuitive reading of their individual mental, astral, and etheric bodies. $300. For dates, call 945-8828; cristobowers@yahoo.com or thelightonthepath.com.

Men's Work

Guy Talk: Overcoming Depression and Finding Joy with Felix Paulick and Patrick Soule • June 9, 6-8 p.m. at Crazy Wisdom Community Room • Are you a man who is struggling with depression or experiencing difficulty with your work or relationships? Are you a woman who wants to help or better understand the men in her life? Join us for a discussion that is open to men and women to learn about strategies and local resources available to help men overcome depression and find joy in their daily lives. Free. Call Felix at 883-8701; felix@togrow.org or togrow.org.

Men's Support Group with Felix Paulick • Sundays, 4:30-6:30 p.m. • Are you struggling in your relationship with your partner, in your role as a father or in finding joy and satisfaction in your work? Many men in our society have not been taught healthy ways of dealing with stress and expressing emotions. Men's Group is a safe place to connect with other men and learn new skills. $50 per week with sliding fee available. Call Felix at 883-8701; felix@togrow.org or togrow.org.

Metaphysical Comedy

An Evening with New Thought Comic Vanda Mikoloski • July 2, 8 p.m. at Interfaith Center • Irreverent and hysterical stand-up comedy that comes from love. With wisdom, knowledge, and nonsense from "What the Bleep", Eckhart Tolle, Ram Dass, Alan Watts, Byron Katie, Tom Robbins, Werner Erhardt, Socrates, 12 Steps, and channels, Vanda questions our point of view about our point of view. Topics include quantum physics, being a bad yoga teacher, voices in her head, alcoholism/addiction, what a jerk she can be, judging, relationships (or lack thereof), and enlightenment. $15 in advance or $20 at the door. Call David Bell at 327-0270; dave@interfaithspirit.org or interfaithspirit.org.

Money & Prosperity

Revelations on Debt and Foreclosure with Deb Foggio and Jane McLaren • May 14, 7-10 p.m. • Systemic Constellations work can reveal hidden blocks to your peace and prosperity. This powerful work can reveal dynamics that have been operating in the past and release them. $25. Call Jane at 248-345-3890; avastarinc@comcast.net or integrativewellbeing.com.

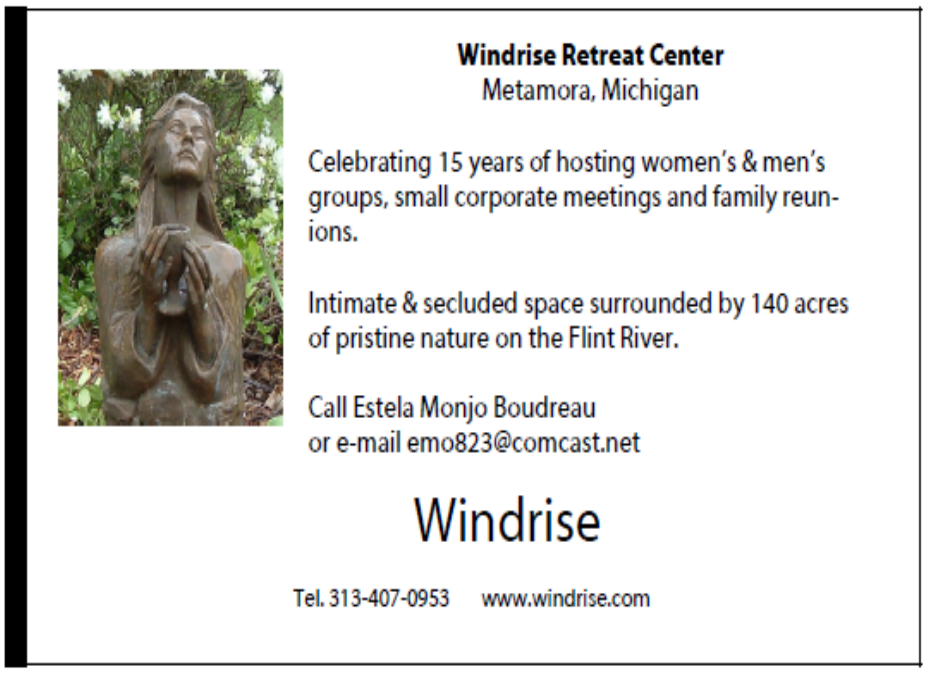
Living an Abundant Life with Dave Krajovic • June 9, 7-9 p.m. • Learn tools and techniques to enhance abundance in your life. We will explore Randolph Price's 40 Day Abundance Program and focus within as the cause of all that is, all that we have. We will also weave this concept into the law of attraction, affirmations, and energetic clearing. $37 plus $10 materials fee includes text and card. Call 734-416-5200; info@bodyworkshealingcenter.com.

Music, Sound & Voice

Integrative Breathwork and Music with Linda Adamcz • May 22, June 26 or July 24; 10 a.m.-6 p.m. • A musical journey for insight, emotional healing, and creativity. Can assist with life changes, grief/loss, job stress or burnout, trauma and abuse, depression or addictions. $80. Call 269-388-2988; lkadamcz@juno.com or adamczassociates.com.

Your Voice and Breath: Uncommon Perspective on the Commonest Things with Kathleen Moore • Eight-week sessions: Wednesdays, 7-8:30 p.m. or Thursdays, 11:30 a.m.-1 p.m. beginning week of June 7 • Small group voice and breath counseling and teaching for adults, all ages, who find that they are losing or have lost their voice and/or breath - and want them back! Process includes music therapy (no music training required), breathing and voice exercises, guided personal exploration, and focus. $400 for eight weeks. Call 668-8146; kathy@kathymooremusic.com or kathymooremusic.com.

Naked Voice Singing with Be in Awe • May 8, June 12, July 10, Aug. 14 • Discover your authentic voice through sound. Still your mind, calm your nerves, and experience peace. $30. For times, contact info@BeinAwe or BeinAwe.com.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Native American

Healing the Fire Within: Fire and Our Ancient Relationship as Women with Tahnahga Myers • July 10, 9-5 p.m. • This workshop is designed for women as the origins of life. Fire of birth and reformulation, fire as our spiritual path. From this place of balance comes the awakening of our inner spirit. $95 ($10 for supplies). Call 730-9950.

Nature Awareness

Trusting Land, Nourishing Community with Susan Lackey and Others • May 8, 9 a.m.-3 p.m. • Join us in learning about different ways to integrate community and local lands. In the morning, we will hear speakers from local land preservation organizations. After a local foods lunch, we will explore different options including community gardens, cohousing, community land trusts, community farms, and more in smaller breakout sessions. $40 includes lunch. Call Dana Wright of Michigan Friends Center at 475-1892; director@mfcenter.org or mfcenter.org.

Full Moon Silent Meditation Hikes with Be in Awe • May 27, June 26, July 26, Aug. 24; 7 p.m. • Full moon silent meditation hike in and around Ann Arbor's most beautiful sanctuaries. Time and weather permitting, we will gather around a campfire either before or after. Free. Call Jody Tull at 213-0435; info@BeinAwe.com or BEINAWE.com.

Outdoor Yoga with Be in Awe • (Most) Saturdays in May, June and July; 7:30 a.m. • Meditative yoga in the splendor of the morning sun includes warm up, pranayama, sun salutations, and twelve asanas. Meet up with new and old friends. Free. Call Jody Tull at 213-0435; info@BeinAwe.com or BEINAWE.com.

A Virtual Trip to Soglio, Switzerland with Be in Awe • May 9; 4 p.m. • Join us for tea, apfelstrudel, and a virtual trip to a little known, gorgeous ancient village at the Swiss Italian border. Come check out a fabulous vacation idea and learn more about Soglio and what it's like to take part in a yoga and hiking adventure. Meet like-minded people. Go away feeling relaxed and invigorated. Free. Call Jody Tull at 213-0435; info@BeinAwe.com or BEINAWE.com.

Naturopathy

Healthy Self Education Series with Nia-Avelina Aguirre • 6:30-7:45 p.m. • Our Healthy Self Education Series will teach you natural and holistic options for a healthier self. Nutrition, herbs, essential oils, exercise, and other therapies will be discussed. $30. Call 998-1198; niaaguirre@aol.com.
May 25 or July 20 • Healthy Colon, Healthy Self
June 1 or July 27 • Healthy Skin, Healthy Self
June 8 or Aug. 3 • Healthy Cholesterol, Healthy Self
June 15 or Aug. 10 • Healthy Back, Healthy Self
May 18 or July 13 • Healthy Digestion, Healthy Self

Naturopathic School of Ann Arbor Open House with Mary Light • May 8, 11 a.m.-1 p.m. • Join us for our informal, informative prospective student open house. Free. To RSVP, call 769-7794; gaialand@earthlink.net or naturopathicschoolofannarbor.net.

The Natural First Aid Kit and How to Use It: The Basics, Class I with Nicole Paquin • May 25 or Aug. 17, 6:30-8 p.m. • This popular class introduces the basics of first aid with an all-natural kit including homeopathics, essential oils, herbs, and more. $30 per person or $50 for two people. Call Indigo Forest at 994-8010; Beth@VisitIndigo.com.

Nutrition & Food Medicine

10 Day Master Cleanse and Bodywork with Craig Parian • Beginning April 23 • Rid your body of toxins and create a healthy cellular environment for optimum functioning. You will experience better digestion, assimilation of nutrients and elimination, increased mental clarity, more energy, heightened awareness, and a deeper sense of balance, peace, and well being. Cost includes book by Stanley Burroughs, starting material, four group meetings, and two 75 minute shiatsu sessions. Maximum ten participants. $300. For dates and times, call 272-5020; cjparian@charter.net or evolvingshiatsu.com.

Introduction to Gluten-Free Baking with Judy Sauer • July 10, 9-11 a.m. or July 29, 7-9 p.m. • Having to eat gluten-free does not mean you are sentenced to eat brick-like baked goods! Participants will learn the basics of gluten-free baking, sample some tasty treats, and leave with recipes guaranteed for success in the kitchen. $30. Call 223-9810; jdsfoodsolutions@yahoo.com.

Spring Trim and Detox Mini Clinic with Nia-Avelina Aguirre • May 10-June 4 • Spring is one of the best times to cleanse our systems. Our mini clinc provides a full line of natural therapies for a trimmer and healthier self: initial assessments, personal training/group classes, nutrition counseling, weekly detoxing foot soaks and massages, meal plans, follow-up assessments, and much more. $1,000. Call 998-1198; niaaguirre@aol.com.

Hunger Within Workshop with Marilyn Migliore • April 5-June 28: Mondays, 5:30-6:30 and 6:45-7:45; April 8-June 24: Thursdays, Noon-1 and 5:30-6:30 • This treatment course takes the focus off of food and guides participants through an intensive program to unlock the psychological barriers to permanent weight loss. This concrete, step-by-step workshop explores the core reasons for overeating, identifies the triggers that precipitate a binge, and helps break the vicious cycle of emotional eating. $325. Call Ronda Barnes at 995-5679; rondbarn@med.umich.edu or umcvc.org/hungerwithin.

Raw Kids: Eliminate Childhood Illnesses and Allergies - What You Need to Know with Ellen Livingston • May 6, 7-8:30 p.m. at Crazy Wisdom Community Room • Samples and take-home recipe handouts included! Free. Call Kevin Sharp of People's Food Co-op at 994-4589; info@peoplesfood.coop or peoplesfood.coop.

Travel Healthy: The Raw Food Diet Hits the Road with Ellen Livingston • June 3, 7-8:30 p.m. at Crazy Wisdom Community Room • Does it sound impossible to keep eating a raw diet while travelling? Come learn helpful tips on how to prepare for travel and navigate unfamiliar restaurants and stores while you're away from home. Free. Call Kevin Sharp of People's Food Co-op at 994-4589; info@peoplesfood.coop or peoplesfood.coop.

Living Vibrantly One-Day Raw Food Health Seminar with Ellen Livingston • May 22, 10-5 p.m. • In this comprehensive, all-day seminar, you will learn the science behind a raw vegan diet, the profound health benefits available to you, and how to implement this lifestyle for yourself for immediate positive results. This course also covers other critical health practices. The format includes lecture, video, discussion, and food demonstration. $125 includes handouts and lunch. Call 995-0875, ellen@livingyoganow.com or livingyoganow.com.

Thirty Days of Raw Vibrance with Ellen Livingston • Mondays: June 7-July 5, 6:30-8:30 p.m. • Participants in this coaching group set an intention to live a raw food diet for 30 days. One each of the five Mondays we meet, dinner is provided followed by a facilitated discussion and support group. $175 includes a workbook, handouts, and five dinners. Call 995-0875, ellen@livingyoganow.com or livingyoganow.com.

Nutrition Magician

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The Crazy Wisdom Calendar

Pagan Spirituality

Witches' Night Out at Crazy Wisdom Tea Room • May 11, June 8, July 13, Aug. 10; 7 p.m. • Come join us for tea and networking on Witches' Night Out. It is a chance to meet others of like mind, drink Witch Brew tea, and have a great time. No cover. $3.75 for a pot of tea with free refills. For more information, please contact info@crazywisdom.net.

Parenting

Parenting Teens Now with Sally Wisotzkey and Carole Lapidos • May 17, 7-8:30 p.m. at Crazy Wisdom Community Room • We will address concerns and issues related to parenting teens of today. After a brief presentation, Carole and Sally will answer questions and facilitate a discussion about how parents can navigate the difficult adolescent years with their teens. Everyone welcome, including parents of tweens ages 11-13. Free. Call 972-7534; salwiz@comcast.net.

> The practice of peace and reconciliation is one of the most vital and artistic of human actions.
>
> - Thich Nhat Hanh

Raising a Balanced Child in an Unbalanced World with Wendy Mauntel, Joanna Myers, and Judy Sauer • May 8, 22, June 5; 10 a.m.-Noon • There are many forces in our modern world that make it challenging to keep children balanced, focused, and able to function at their best. In this series of classes, we will explore the power of diet, movement, and nature's medicines - herbs, homeopathy, and flower essences - to support children in moving through life with grace and ease. Parents will leave with a toolkit of information and resources to raise healthy, happy, and vibrant kids! $90 for the series. Call Judy at 223-9810; joanna@feldannarbor.net or feldannarbor.net.

Mothers of Newborns with Terri Pickett • Six Wednesdays, 10-11:30 a.m. • A relaxed, informal, and comfortable class for meeting and getting to know other mothers with your baby. Useful and relevant information, advice, and resources are shared along with support, reassurance, and understanding during a time of change and adjustment. $66. For dates, call My Urban Toddler at 734-944-3628; info@myurbantoddler.com or myurbantoddler.com.

Happiest Baby on the Block Seminar with Dawn Blackburn • Every Third Tuesday of the month, 6-7:30 p.m. • Provides new parents or parents-to-be a step-by-step approach to help infants sleep longer and soothe even the fussiest baby in just minutes. Need childcare? Ask about our Tour Guide package for $5. $39 per couple. Call My Urban Toddler at 734-944-3628; info@myurbantoddler.com or myurbantoddler.com.

Living with a Strong Willed Child with Nanette Glencer • Every Third Thursday of the month, 6-7:30 p.m. • This workshop is great for parents challenged by their strong willed children three years and younger. You will leave with valuable tips and exercises to try at home. Need childcare? Ask about our Tour Guide package for $5. $39 per couple. Call My Urban Toddler at 734-944-3628; info@myurbantoddler.com or myurbantoddler.com.

Soon-to-be-Siblings Seminar with Nanette Glencer • Every Fourth Tuesday of the month, 6-7:30 p.m. • This seminar will help prepare families for the birth of a new baby and the changes in the family's day-to-day routines. Children encouraged to attend. $39 per family. Call My Urban Toddler at 734-944-3628; info@myurbantoddler.com or myurbantoddler.com.

Mothering Arts Support Group with Barbara Robertson and Cia Gabriel of Center for the Childbearing Year • Eight Mondays, 10-11:30 a.m. • This group focuses on making a positive adjustment to the joys and challenges of being a new mom. Topics include sleep issues, breastfeeding, baby-wearing, taking care of yourself, sex after baby comes, birth stories, infant massage, baby signs, and more. Class repeats consecutively and can be joined at any point in the series. Moms and babies up to six months welcome. $60. Call 663-1523, patty@center4cby.com or center4cby.com.

La Leche League with Center for the Childbearing Year • First Thursday of each month, 10-Noon • Drop-in support group for breastfeeding mothers and their children. Pregnant women and toddlers welcome. Free. Call 663-1523, patty@center4cby.com or center4cby.com.

Breastfeeding Cafe with Barbara Robertson of Center for the Childbearing Year • Fridays, 10-11:30 a.m. • Come and meet other women who are breastfeeding their babies! This free drop-in group focuses on supporting the new breastfeeding pair. We will provide a combination of a nurturing environment and accurate, up-to-date information. Time is set aside to address each individual mother's concerns. Moms and babies can come for as many weeks as they need. Please bring your baby and your questions. Free. Call 973-6534; barbara@aol.com or bfcaa.com.

Vaccines 1: Informed Choice with Nicole Paquin • June 1 or July 27, 6:30-8 p.m. • Few topics are more controversial and challenging to parents than vaccinations. We will debunk some of the confusion and myths, such as the difference between vaccination and immunization, what Michigan law really requires, just how serious and prevalent the childhood illnesses are, how the vaccine schedule is changing in the U.S., how we compare to other industrialized nations, what the full range of choice about vaccines is, and how effective the vaccinations are. $30 per person or $50 for two people. Call Indigo Forest at 994-8010; Beth@VisitIndigo.com.

Vaccines 2: Supporting the Immune System Naturally with Nicole Paquin • May 4 or June 22, 6:30-8 p.m. • Whether you choose to vaccinate or not, many parents wonder how to naturally support their children's immune systems. A good introduction to natural therapies, this class also covers a wide range of preventative measures specifically focused on communicable diseases such as mumps, measles, and whooping cough. $30 per person or $50 for two people. Call Indigo Forest at 994-8010; Beth@VisitIndigo.com.

Let Me Feel Your Forehead with Nicole Paquin • May 18 or Aug. 17, 6:30-8 p.m. • Have a child with a cough, cold, fever or flu? Would you like to learn about safe, natural remedies that can effectively ease your child's ailments (and yours)? This class will empower you to approach your child's next illness with confidence in their ability to heal and your ability to support them naturally in their healing process. $30 per person or $50 for two people. Call Indigo Forest at 994-8010; Beth@VisitIndigo.com.

Past Lives

Who Were You in a Past Life? with Shala Kilmer • May 4, 6:30-8:30 p.m. • Shala will help you regress to past lives and experience them in vivid detail. You will be amazed as some of the past life situations are revealed, explaining things happening in your life today. Six participants only. $75. Call 248-258-8287; shalakilmer@gmail.com or IntuitionPath.com.

Peace

World Harmony Run with Kapila Castoldi • July 30, 7-10 a.m. • A team of runners will carry an Olympic-style torch across town and introduce the event to school-age children. Founded in 1987, the event is a global torch relay held in over 70 countries. Inspired by late peace visionary Sri Chinmoy, the run symbolizes humanity's universal quest for a more harmonious and peaceful world. Free. Call 994-7114; castoldi@oakland.edu or worldharmonyrun.org.

Midwest Regional Department of Peace Conference with Citizens for Peace Bishop Thomas Gumbleton, Lynn McMullen, and Robert Koehler • May 14, 7 p.m.; May 15, 9-5 p.m. and 7-9 p.m.; May 16, 9 a.m.-1 p.m. • Making peace a priority: vision, experience, and practice is the theme of the Department of Peace Conference. Highlights include visions of peace: the Peace Alliance strategic plan, peacebuilding circles: restorative practices, finding our voice: communicating our heart's desire for peace to the world, report from the National Student Peace Alliance Conference, and Bishop Gumbleton's message of peace for the world. $50 or $25 for students. Call Colleen Mills at 425-0079; cmills0079@yahoo.com or citizensforpeace11.blogspot.com.

International Day of Peace Observance: 24-Hour Peace Generator with Craig Harvey • May 21 at 6 p.m. to May 22 at 6 p.m. • Be peace by dropping in anytime during this silent meditation/prayer marathon for inner and outer healing, love, harmony, and peace. Participants may envision a happier, more peaceful world; pray for a loved one; hold our planet in the light or just relax in the silence and let go of your own worries. Free with donations accepted. Call 971-8576; worldhealing@yahoogroups.com or peacegenerator.org.

Peace Generator Silent Meditation/Prayer Circle with Craig Harvey • June 18, July 16, Aug. 20; 7-9 p.m. at Interfaith Center • See above description. Free with donations accepted. Call 971-8576; worldhealing@yahoogroups.com or peacegenerator.org.

The Crazy Wisdom Calendar will be posted online starting May 1, 2010, at crazywisdom.net.

Personal Growth

Awakening Your Power Within One-Day Seminar with Five Authors: Marian Volkman, Rick Ritter, Ken MacLean, Robin Marvel, and Jane Saylor • May 15, 9-4 p.m. • Five inspirational and motivational speakers come together for a once-in-a-lifetime empowerment seminar. You'll be challenged to create happiness in your life, take on new strategies for obstacles, and become the master of your own destiny. Book signings and meet/greet the presenters at the conclusion. $25. Call Victor Volkman at 888-761-6268; victor@LHPress.com or AwakeningThePower.com.

Message in a Bottle with Susan Boyes • May 2, 1-3 p.m. at Crazy Wisdom Community Room • A message in a bottle can ask for help, tell a secret or grant a wish, across time and space. Playful or serious, this is an opportunity to discover your own metaphor by creating your personal message in a bottle. It might be a message to someone who will never see it. It could be a message to yourself (or your higher self). Your bottle will carry your unique vision. Please note: these bottles are not meant to be dropped into any of our living waters! $40. Call 478-2394; susan@centerforcreativegrowth.com or centerforcreativegrowth.com.

Points of Light: Science of Mind Study Group with Erin Fry • Wednesdays, 5:30-7 p.m. at Interfaith Center • We will study and teach the Science of Mind philosophy and principles and use them in daily living, offer prayer support to Interfaith congregants and other members of the local community, read and discuss Science of Mind materials including but not limited to Science of Mind Magazine and the work of Ernest Holmes, and study and practice Science of Mind daily spiritual practices including affirmation, affirmative prayer, meditation, and visioning. Class work and exercises from UCSL Education courses. Love offering. Call 327-0270; erin@chelsearesolution.com or interfaithspirit.org.

Study Group: Byron Katie's "The Work" with Interfaith Center • Tuesdays, 7-8:30 p.m. • Learn an easy, gentle, and amazingly effective technique to clear your mind of stressful thoughts, resulting in a more peaceful life in this ongoing, drop-in study group. Through a series of discussions of the book *Loving What Is* by Byron Katie, interactive exercises, video demonstrations, and personal exploration, Rev. Cathy DeLauter - a participant in a 28-day residential program with Katie and staff - will facilitate the group and assist participants in learning how to use "The Work". $5 suggested donation with one-time $4 materials fee. Call 994-8847; cdelauter@yahoo.com or interfaithspirit.org.

Creating Internal Emotional Resources with Cam Vozar • May 12, 6:30-8 p.m. • Create internal emotional resources to cope with stress and increase well being. Learn to connect to nurturing, protective, and spiritual internal resources. $10. Call 747-9073, cam.vozar@gmail.com.

Boundaries with Karlta Zarley • May 22, 9-6 p.m. • Do you feel your life is out of control? Do others take advantage of you? Boundary issues are a part of every aspect of our lives. We will identify different types of boundaries and how to put and keep them in place, with emphasis on participants' real-life situations. There will be practice in good "boundary hygiene". Bring a sack lunch. $125. Call 433-9333; karltazarley.com.

Healthy Body, Healthy Spirit with Deb Foggio and Jane McLaren • June 11, 7-10 p.m. • Let Systemic Constellations reveal the hidden dynamics of disease and discomfort around your true beauty and vitality. Shift your internal vision of being "overweight", "out of shape" or unhealthy to your soul's true vision. $25. Call Jane at 248-345-3890; avastarinc@comcast.net or integrativewellbeing.com.

Discover the Power and Joy in Your Life Transition with Melanie Fuscaldo • Part 1: June 15, Noon-1:30; Part 2: June 22, Noon-1:30 • If you or a loved one anticipates or is experiencing a transition in career, retirement, health or relationship, this workshop will support you in opening your heart, body, and mind to the spiritual purpose in this transition. $30. Contact melaniefuscaldo.com.

Empowerment: Transforming Our Life from the Inside Out with Kathy Blough • Six Wednesdays: June 16-July 21, 5:30-7:30 p.m. • This workshop is designed to support you in creating the life you most want. A multi-level approach that helps you track your emotions, transform your limiting beliefs, and harness your energy to manifest the life you really want. $45 per group. Call 913-5404; katblough@comcast.net or sagepointinstitute.com.

Transforming the Dark Shadow into Gold with Dave and Pat Krajovic • July 18, 9-6 p.m. • We will explore the darkness within and examine how it controls us and affects every aspect of our life. Becoming aware is the first step to clear it and become free. Once clear, we can allow the gold within to come out. Using shamanic journey techniques, Debbie Ford's template for shadow work, and Transformational Breathing, we will access the dark shadow and ultimately breathe awake our golden shadow. $147 with early registration discount available. Call Pat at 734-416-5200; inspire@GlobalBreathInstitute.com or GlobalBreathInstitute.com.

Body, Mind & Spirit Services at Crazy Wisdom

Tarot • Psychic • Intuitive • Astrology • Cosmo • Palmistry

Drop-In Intuitive Tarot Readings with Joshua Wilde
Sundays from 11:30 a.m. to 2:30 p.m.
No appointment needed • $1 per minute
517-402-3260 • heyyou@overthere.net

Drop-In Palmistry Readings with Vijayalaxmi Shinde
Sundays, 3:00 to 7:00 p.m.
$1 a minute • No appointment needed
734-222-9160 • vijaya_laxmi@comcast.net

Drop-In Intuitive Readings with Irena Nagler
1st & 3rd Tuesdays of each month, 6 - 9 p.m.
$1 a minute, no appointment necessary.
Call 734-996-1772; birena@umich.edu

Drop-In Tarot Readings with Rebecca Williams
Thursdays, 6 - 9 p.m. • $1 per minute
No appointment needed
rebeccawilliams999@comcast.net

Drop-in Intuitive/Psychic Readings with Marcella Fox
1st & 3rd Fridays, 7-10 p.m.
$1 a minute • 734-717-8513

Drop-In Tarot Readings with Christine Leigh
2nd & 4th Fridays of each month, 7-10 p.m.
$1 a minute, no appointment necessary
Call (734)355-4934; tarotbyheart@gmail.com

Drop-In COSMO Readings with John Fredericks
1st & 3rd Saturdays each month,
10:30 a.m.-1:30 p.m. • $1 per minute
No appointment necessary • 734-368-1780

Drop-In Tarot & Astrology Readings with Jillian Kerry
2nd & 4th Saturdays each month,
10:30 a.m.-1:30 p.m.
Value based payment system
No appointment necessary
734-395-4999 • jilliankerry@gmail.com

Drop-In Intuitive/Psychic Readings with Diane Evans
Saturdays, 2-5 p.m. • $1 per minute
No appointment necessary
734-327-9568 • in-genius@comcast.net

Crazy Wisdom Bookstore and Tea Room
114 S. Main Street, Ann Arbor
734-665-2757 • www.crazywisdom.net

The Crazy Wisdom Calendar

Personal Growth (continued)

Creating Every Day: Self Expression as a Spiritual Practice with Jan Phillips at Inn at the Rustic Gate • Aug. 27 at 6 p.m. through Aug. 29 at 1 p.m. • The question is not, "Are you creative?" We were all born to create. The question is, "What are you making of your life?" This workshop is designed to provide both the time to answer that question and the practical tools for living creatively with a higher level of awareness and fulfillment. $450 includes single occupancy for two nights, meals, and tuition. $330 includes double occupancy/per person. $250 includes meals, tuition, and facility use. Call Marcia Stroko at 800-319-5867; rusticgate@starband.net.

Art of Living Self Development Workshop with Aditi Dave • Five sessions: June 4-8; weekdays, 6:30-9:30 p.m. and weekend, 9 a.m.-2 p.m. • A five session workshop for wellness and self development. We will learn effective breathing techniques and the powerful Sudarshan Kriya practice to rid stress, bring the mind to the present moment, and experience the true self. $250 and $175 for students/seniors. Financial scholarships available. Call 358-4570; aditi.dave@artofliving.org or artofliving.org.

Tapping the Healer Within with George Aboud • June 15, 7-8:30 p.m. • Emotional Freedom Technique (EFT) has provided thousands with relief from physical pain and disease, anxiety and stress, mental and emotional blocks, as well as obsessive/compulsive behaviors. It is an emotional version of acupuncture, except needles aren't necessary. It's an easy to learn process of tapping specific energy meridian points on your body with your fingertips. $20. Call 734-416-5200; info@bodyworkshealingcenter.com.

Polarity

Polarity Therapy and Energy Techniques with Linda Diane Feldt • May 12 or July 7, 10-11:30 a.m. • This is one of two continuing classes you can take to build on a basic understanding of infant massage, the other being Cranialsacral Therapy for Children. $15-$20 sliding scale. Call Indigo Forest at 994-8010; Beth@VisitIndigo.com.

Professional Enrichment

Coaching for Therapists with Chris Wucherer • May 3, 10, 17; June 7, 11, 24; July 12, 19, 26; 11:30 a.m.-1 p.m. • Let's face it. It's rough out there. The national economy is in a shamble and in Michigan, the financial sea is a wave of uncertainty and change. Despite these issues, you can take control of your work life and create a thriving practice. Learn how to develop business practices tailored to the service professional in a supportive and challenging environment. Get the direction and support you so deserve. $599. Call 669-7202; chris@centerforworkandlife.com or centerforworkandlife.com/Coaching-for-Therapists.html.

Preventing Burnout Course, Evening Series with Self Realization Meditation Healing Centre • Aug. 5, 12, 19, 26; 6:45-8:30 p.m. • This is a course for health care professionals, complementary practitioners, carers, teachers, volunteers, and all people-workers who wish to deepen their understanding and care for their own energy, thus enhancing both their work with others and their own personal lives. Also available as a two-day course. $206 includes refreshments. If you cannot afford the full fees, please call Joanne Rowe at 517-641-6201, SRMHCMichigan@cs.com or SelfRealizationHealingCentreMichigan.org.

Geriatric Assessment with Lynn Vaughn • June 26, 10 a.m.-5 p.m. • This training will enable the psychologist to perform a two-hour battery of tests on the elderly to determine cognitive functioning, fall risk, depression and anxiety, and more. $150 with early registration discount offered. Call 248-921-7922; lynnvaughn_phd@att.net.

Reiki

Reiki Classes with Suzy Wienckowski • Reiki is a gentle, hands-on healing art. Reiki is easily learned by all and, after initiation by a Reiki Master, healing energy flows effortlessly through your hands. Reiki reduces stress, eases pain, and restores balance and harmony on all levels: body, mind, and spirit. The first degree class includes the history of Reiki, hands-on treatment form for yourself and others, and four initiations. The second level of training includes the use of the three sacred Reiki symbols to focus and intensify the energy, and to send Reiki at a distance. Certificates awarded. Call 665-8665, SuzyReiki@aol.com.
First Degree Class • May 21-23: Friday 7-9:30 p.m., Saturday 9:30-4, Sunday 9:30 a.m.-12:30 p.m. • $150.
Second Degree Class • May 7-8: Friday 7-9 p.m., Saturday 9:30-4 • $500.

Reiki Level I and II: Energy Balancing for Yourself and Others with Ann Zalek • Dates to be announced • Attendees learn Reiki Level I and II self-healing techniques, Reiki methods to help others, tips for application in the care provider setting, and will receive Reiki I and II attunements. For family/professional caregivers, health care professionals, healing arts practitioners, and anyone interested to learn Reiki. $250. For dates, call 332-3800; ann@TheracareMassageTherapy.com or TheracareMassageTherapy.com.

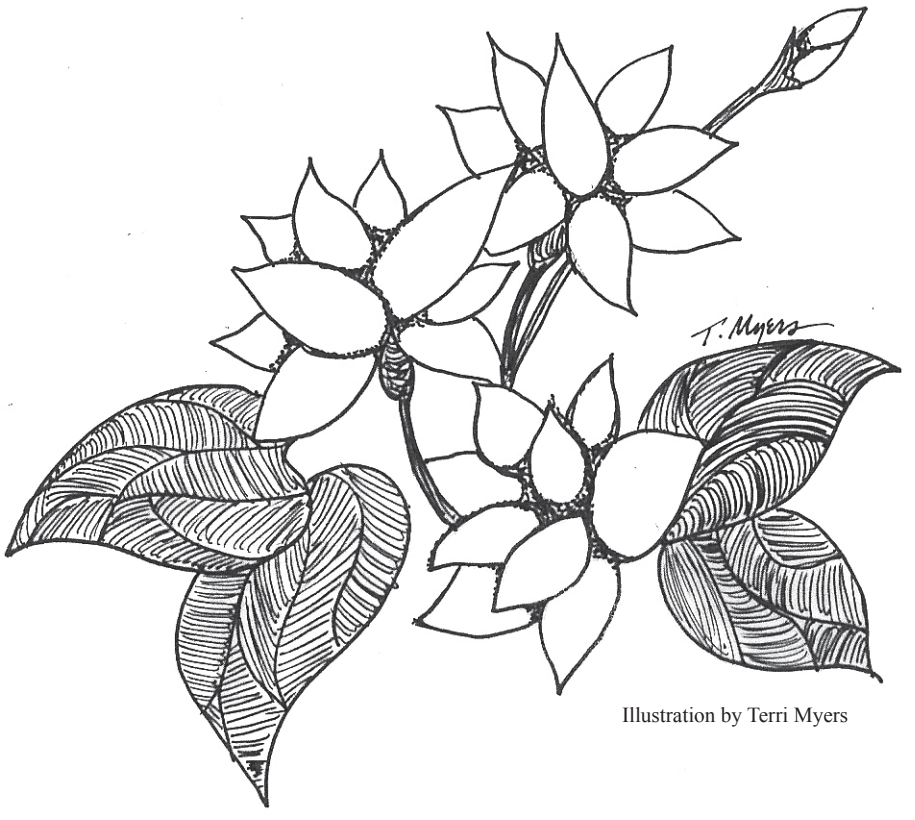


Illustration by Terri Myers

Reiki Level III: Advanced Reiki Training and Reiki Master/Teacher with Ann Zalek • Dates to be announced • Designed for those who wish to deepen their personal and professional Reiki practice, including preparation to teach Reiki to others. Attendees learn the Usui and Tibetan Master symbols, attunements for all levels, advanced techniques for hands on and distance work, and teaching tips, and will receive the energy intensifying Reiki III and Reiki Master attunements. $650. For dates, call 332-3800, ann@TheracareMassageTherapy.com or TheracareMassageTherapy.com.

Reiki Classes with Jennifer Flowers • Learn how to access Universal Life Force energy to heal others or yourself. Reiki works on all levels by integrating and balancing the physical, mental, emotional, and spiritual aspects of your being. In each class, you will receive attunements and learn the history of Reiki, hand positions, and practice on yourself and classmates. $154 for each class includes materials. Call 734-416-5200; info@bodyworkshealingcenter.com.
Reiki I • June 19, 4-8 p.m. and June 20, 9-3 p.m.
Reiki II • July 17, 4-8 p.m. and July 18, 9-3 p.m. • Deepen your practice and learn distance healing.
Reiki Share • Second Thursday of each month • Come and practice your skills by working on others. By donation.

Advanced Reiki Kids: Orange Level with Jennifer Flowers • Eight Sundays beginning May 2, 6:30-7:30 p.m. • Learn Reiki principles, receive attunements, discuss hand placements, and work on ourselves. We will explore chakras one and two in depth. $15 per class. Call 734-416-5200, info@bodyworkshealingcenter.com.

Reiki Classes with Ray Golden of Center for Intuitive Health • Reiki is a powerful, natural, non-invasive, easy to learn healing technique that can be learned by anyone. It is an ancient form of healing in which the healing energy of the universe flows through the healer to facilitate an individual's healing at all levels: physical, emotional, causal, and spiritual. Class sizes limited. Cost includes certificate and manual. Early registration discounts available. For times, call 663-9724; IntuitiveHealth@aol.com or RayOGoldenreiki.com.
First Level Reiki Workshops • May 1, June 12-13 or Aug. 6-7 • The student receives all the traditional attunements to the Reiki energy, learns to facilitate other's healing, and self-healing techniques. $125.
Second Level Reiki Workshops • June 26-27 or Aug. 27-28 • Traditional advanced attunements deepen the process. The student learns more powerful healing techniques and distance healing techniques. $230.
Free Reiki Introduction and Healing Night • May 5, June 3, Aug. 5; 7-9:30 p.m. • An introductory talk on Reiki and an opportunity to experience Reiki energy. Free.

Reiki III with Raksha Penni Helsene of Lighthouse Center • June 19 • We will review Reiki II symbols and learn the Level III symbol. Includes attunement and healing. $150. For times, call pdhelsene@aol.com.

Retreats

Bike and Beer with HomeGrown Agritours: Sustainability in My Back Yard (SIMBY) • May 14-16 • Join us on two wheels of a whirlwind tour of the craft of brewers of Southeastern Michigan. Visit breweries, taste the goods, meet the brewers, camp near the pubs. No riding under the influence! This workshop is for those comfortable biking and in decent shape. Starting and ending in Ann Arbor, we bike 100 miles in three days while visiting six breweries. For cost, call Gillian Ream at 474-9818; gillian@simbyagritours.com or simbyagritours.com.

24th Annual Buddhist Peace Camp with Zen Buddhist Temple • July 30-Aug. 4 at Friend's Lake • Emphasizing peace, cooperation, mindfulness, and fun. Children, parents, and other adults welcome. We need counselors for various age groups. Advanced registration required. For cost, call 761-6520; BuddhistPeaceCamp.org

Moving Forward Spring Retreat with Chris Wucherer and Eleni Kelakos • May 14-16 in Manistee • Imagine yourself a visionary for your own life. Imagine yourself winning a gold medal in boundary setting. Imagine a life that shines and sparkles like the sun on a crisp spring day. Turn those imaginings into reality. This spring retreat will take you deep into the recesses of your longings and desires - a journey that will unfold your personal recipe for becoming a master visionary and boundary setter. $395. Call Chris at 669-7202; chris@centerforworkandlife.com or centerforworkandlife.com/workshops.html.

Silent Retreat at Self Realization Meditation Healing Centre • May 21 before dinner through May 23 after dinner • Come join us in a restful and rejuvenating retreat! Following a "talking" dinner, giving time for participants to get to know each other, this retreat is held in silence, giving ample time to meditate, contemplate, relax, and get in touch with the inner self. Includes guidance on how to make the most of your time in the silence. $140 includes shared lodging and home-cooked meals. Call Joanne Rowe at 517-641-6201; SRMHCMichigan@cs.com or SelfRealizationCentreMichigan.org.

Peace and Quiet Weekend at Self Realization Meditation Healing Centre • June 12 before lunch to June 13 after lunch • Spend some time in the peace and quiet, with lots of free time and a silent Sunday morning. $75 includes shared lodging and home-cooked meals. Call Joanne Rowe at 517-641-6201; SRMHCMichigan@cs.com or SelfRealizationCentreMichigan.org.

Transformational Healing Retreat at Self Realization Meditation Healing Centre • July 30 before lunch to Aug. 1 after lunch • A wonderful small group retreat for one to six participants includes a private appointment to receive natural spiritual healing and learn a healing breath, a group hatha yoga class, time for meditation, devotional singing, and plenty of free time to rest, read, contemplate, walk in nature or whatever else your heart calls you to do. $240 includes shared lodging and home-cooked meals. Call Joanne Rowe at 517-641-6201; SRMHCMichigan@cs.com or SelfRealizationCentreMichigan.org.

Silent Retreat at Be In Awe • June 26, July 24 • Includes outdoor stretching, breathing, meditation, journaling, and being. Raw lunch included. For times and cost, contact info@BeinAwe.com or BeinAwe.com.

Soul Wisdom Expressions Retreat: Break Free to Your Authentic Self with Deb Foggio and Jane McLaren • July 9 in the evening through July 11 in the afternoon • Are you living life as a true reflection of your soul? Take this weekend and experience a quantum jump toward your soul's authentic expression. Includes sunrise meditation, system constellation work, qigong, labyrinth meditation, and much more. $275 includes lodging and meals. Call Jane at 248-345-3890; AvastarInc@comcast.net or integrativewellbeing.com.

Embracing the Unknown with Karlta Zarley • Oct. 8-11 in Sedona • Life seems to be changing rapidly and unpredictably. How can you stay calm when things are so uncertain? This retreat uses the energy of 10/10/10 and the vortexes to help us vision, heal, and manifest so that we may return home with more strength, wisdom, and peace. $760 includes retreat, total single room price, and hiking fees. Double room option available as well as early registration discount. Call 433-9333; karltazarley.com.

Lands of Dominic Armchair Pilgrimage with Ann Willits and Jim Barnett • July 19, 5 p.m. to July 24, 1 p.m. • This pilgrimage begins with an imaginary "plane flight" to Weber Center, which becomes the lovely country of Spain, where passports are provided for the journey. A week of travel takes the pilgrims through Spain, France, and Italy with the final day spent at Saint Sabina in Rome. Prayer and Eucharistic Liturgy are central to each day. $425. Call 517-266-4000; webercenter@adriandominicans.org.

Private Directed Retreats at Weber Center • July 26, 2 p.m. to July 30, 1 p.m. • This retreat will provide time and space for solitude, personal prayer, and participation in campus liturgy. Each participant will meet daily with a spiritual director of your choice. $375. Call 517-266-4000; webercenter@adriandominicans.org.

A Weekend of Nature, Relaxation, and Rejuvenation with Dave and Pat Krajovic • July 30-Aug. 1 • Come relax with us. Let go, feel the peace, connect to nature, and enjoy community with like-minded souls. Meditation, transformational breathing, mindful eating, fire cleansing, yoga, energy clearing, and free time to be in nature. This retreat is a great way to get away, relax, let go of stress, improve your health and well being, and commune with nature. For cost and location, call 734-416-5200.

Meditation: Day of Practice with Carol Blotter of Deep Spring • May 2, June 5, July 25; 9 a.m.-4:30 p.m. at Friends Center • One-day retreats are a great opportunity to enjoy deep meditation and to experience support for our practice. The day includes brief meditation instructions (vipassana or insight meditation), sitting and walking meditation, a dharma talk, and, if requested, private interviews with a teacher. $30 suggested donation per day, but any amount is appreciated. This is a fundraiser for the Friends Center and Deep Spring Center. Call 475-0942; info@deepspring.org.

Deep Spring Center 2010 Retreat: Wisdom and the Open Heart with Barbara Brodsky, John Orr, Frank Levey, and Aaron • June 18-25 or June 18-21 in Brighton • This retreat will focus on the practices called the brahma-viharas, or heavenly abode practices - lovingkindness (metta), equaniminty (upekkha), compassion (karuna), and sympathetic joy (mudita) - in support of the primary meditation practice. $450 for full week and $245 for three-night (four-day) includes meals and lodging. Call Mary Gliedt at 369-2628; deepspring.org.

Yoga, Swimming, and Hiking in Macedonia with Ema Stefanova • June 22-27 and Sept. 14-19 • Yoga and meditation goes a lot farther when practice in environmentally clean and peaceful surroundings. Lake Ohrid and Mount Galicia abound in uplifting energies (prana). Visit this ancient cradle of literacy, art, and culture. For cost, call 665-7801; EmaStefanova@cs.com or YogaAndMeditation.com.

Yoga Nidra Retreat at Song of the Morning Ranch with Ema Stefanova • July 23-25 • Relax and renew with guided yoga and meditation. Learn the real Yoga Nidra, yoga approaches to health, and yoga for anxiety and depression. There will be spiritual discussions, chanting, and time to reflect and heal. $125 plus accommodations and meals. Call 665-7801; EmaStefanova@cs.com or YogaAndMeditation.com.

The Healing Power of Yoga Retreats in Ganges, MI with Ema Stefanova • May 14-16, June 11-13, July 16-18, Aug. 13-15 • Experience and experiment with the wholeness of yoga as something that can bring out the potential from within, to heal, feel good, and relieve stress at the Vivekananda Retreat near Lake Michigan. $375 includes meals and lodging with early registration discount offered. Call 665-7801; EmaStefanova@cs.com or YogaAndMeditation.com.

Retreats at Song of the Morning Yoga Retreat Center in Vanderbilt, Michigan • For complete information, call Matt at 989-983-4107, office@goldenlotus.org or goldenlotus.org.

Mother's Day Yoga, Health, and Healing Retreat with Jennifer Capua • May 7-9 • Specifically for mothers, daughters, and friends whose lives have been affected by cancer. Kick off National Women's Health Week with yoga classes, a cooking workshop, and sharing sessions. Strengthen relationships and form new bonds in a safe, supportive environment centered on improving your physical, emotional, and spiritual health. By donation.

Silent Retreat with Mary Ann Johnston and Sandi Jones • May 14-16 • Keeping silence will help you connect to your inner self, find peace within, and experience the eternal present. Includes readings, guided and silent meditation, nature walk, chanting, and time for inward reflection. Love offering.

Gardening Weekend with Edwin McLeod • May 21-23 • Join us as we plant a garden and study the fundamentals of organic gardening. $40 suggested donation.

Reiki First Level with John Kroneck • May 21-23 • Our bodies are always in the process of regenerating themselves. We learn the basics of Reiki, including how to use this gentle, loving energy with others as well as with ourselves. $170.

Raja Yoga with Gary Saks and Roy Thibodeau • May 22-23 • A transforming and awakening workshop that offers an in-depth experience of the ancient science of yoga. This Raja (Royal) Yoga retreat will offer participants methods to enhance physical, mental, and spiritual well being. $75.

Yoga 4 Peace with Jim Pero • May 28-30 or Aug. 20-22 • A retreat to restore peace of mind. Through asana, meditation, chanting, and other practices, you will restore and rejuvenate your mind and body to connect with the internal peace of your true nature. $120 suggested donation.

Cracking the Yoga Code: A Course in Happiness with Ramesh Narula • May 28-30 or July 23-25 • This course will reveal basic concepts of Yoga Science (Raja Yoga) that will help you transcend mental chatter and bring more enthusiasm and happiness into your life. Additionally, you will learn techniques to strengthen brain function, breathing techniques for unlimited energy, creative problem solving, breakthrough thinking, and Ayurvedic food tips for the purpose of creating a personalized action plan for achieving your life's purpose. $100.

Spring Mindfulness Retreat with Jack Lawlor • June 2-6 • Enjoy up to five days of mindfulness in the tradition of Thich Nhat Hanh or join us just for the weekend. Includes sitting and walking meditation, the Fourteen Mindfulness Trainings, some silent meals, yoga, dharma discussions, and other activities. Call for cost.

Yoga, Hiking, and Tai Chi • June 11-13 • A jam-packed weekend featuring the best of the indoors and outdoors. Refresh and invigorate with several yoga classes, a hike through Pigeon River State Forest, tai chi classes, and gentle shrine walks. $60.

Healing Power of Sleep and Dreams with Margaret Dwyer and Edward Conley • June 11-13 • Dreaming is vital to healthy, creative, prosperous endeavors in every field, as well as getting us through our daily lives in healthier, happier ways. This retreat will show you how to receive guidance and inspiration in everyday life during a healthy period of sleep and dreaming. $135.

TriYoga with Kali Ray • June 18-20 • TriYoga includes the full range of traditional yoga practices and includes Yogaflow (flowing and sustained postures) and Prana Vidya (breathing practices, concentration techniques, and meditation). $75 per day or $175 for three days.

Teas and Tinctures with Becky Vogel • June 25-27 • Learn how to make teas and tinctures from herbs that grow in your backyard for imbalances and nutrition. $60.

Vibrational Therapy I with Dale Kennedy • June 25-27 • This workshop will teach you how to bring body, mind, and spirit into vibratory alignment so that the inherent wellness within us all may easily be manifested into the physical body. $150 plus $99 for set of tuning forks.

Golden Lotus Yoga Teachers Association Yoga Intensive • June 28-July 3 • Experience full immersion into the world of yoga, including two hatha yoga classes per day plus great nutrition, fellowship, and evening music with the Bhavanand Kirtan Ensemble leading into our nightly meditations. $100 for all 12 sessions or $10 per session.

The Crazy Wisdom Calendar

Retreats (continued)

Seventh Annual Teen and 20s Week with Frank Wheeler and Erich Moraine • July 10-17 • An extraordinary eight days of growth and laughter for teenagers and young adults. Come participate in a high awareness week of challenging projects, labyrinth building, videography, optional daily hatha yoga, meditation, and great fun. $150.

Rich and Famous: Spiritual Keys to Artistic Success with Marilyn Beker • July 16-18 • An intense workshop specifically for people in the arts (writers, musicians, filmmakers, painter, performers) who want to energize their professional careers through the practical application of Paramahansa Yogananda's spiritual principles. $100.

Hatha, Hiking, and Happiness with Patty Sutherland and Bob Bedard • July 24-25 • Featuring two hatha yoga classes, a hike through Pigeon River State Forest, and a workshop on happiness. $50.

Native American Hand Drum Camp with Lorie Axtell • July 30-Aug. 1 • Join us for a Native American hand drum camp where we honor our voices with native songs and drums. $50.

Sound Healing with Antique Tibetan Singing Bowls, Throat Chanting, Mantra, and Peruvian Whistling Vessels with Mark Handler • Aug. 6-8 • We will explore these tools to teach you how you can improve your health and the health of others through powerful sound vibration methods. $88.

Yoga, Hiking, Picnic, and Swimming • Aug. 13-15 • $50.

Jump for Joy with Stephanie Shepard and Amy Pfluecke • Aug. 20-22 • A magically fun introduction to spirituality for children 5-12 includes hatha yoga, mandala making, guided meditation, songs, stories, a hike with picnic, and more. $50.

Eastern Healing Retreat with Rajiv Kumar • Aug. 27-29 • Includes three group Reiki healing sessions, three individual acupressure sessions, a private Ayurvedic consultation, and an Ayurvedic cooking class to enhance your knowledge of healthy Eastern Indian cooking techniques to balance the three doshas. $225.

For more information on all of the above retreats at Song of the Morning Ranch, please call Matt at 989-983-4107, office@goldenlotus.org or goldenlotus.org.

Shamanism

Shamanic Journey with James LeBoeuf • Mondays, 7:30 p.m. • Nature-based dream trance journey to many realms of spirit for healing, divination, transformation, manifestation, expansion, etc. No cost. Call 308-6020; leboeufjames@att.net.

Shamanism: Introduction to the Shamanic Journey with Kate Durda • June 12, 11-5 p.m. in Lansing • Experiential training in the shamanic journey and introduction to shamanism healing methods and practice. One of the most remarkable methods to enter into the world of the spirit, or non-ordinary reality, to access personal truths, healing, and peace, and to enhance creativity and oneness with the world. $50 with preregistration. Call 517-543-6754; SpiritWeavers@gmail.com or SpiritWeavers.net.

Unwinding Curses and Spells with Connie Lee Eiland • June 19, 10-5:30 p.m. and June 20, 10-4 p.m. • Spells and curses involve the importance of words. We will learn to identify curses and spells, which our spirit teachers will release or dispell. Introduction to journey and strong relationship with spirit healers mandatory. $180. Call 313-343-8808; clshebear@sbcglobal.net or shewolfshaman.com.

Introduction to Journeying with Connie Lee Eiland • May 22 or Aug. 21, 10-5 p.m. • Six-hour class includes power animal retrieval and journeys to upper, lower, and middle worlds. You will learn to journey to drums and rattles. $70. Call 313-343-8808; clshebear@sbcglobal.net or shewolfshaman.com.

Vision Quest Open House with Debbie Mast and Brian Obrect • May 19 in Battle Creek • Seek guidance from Spirit! Negotiate life's transitions. Discover your destiny and live it now! Free. For times, call Meg LaRue at 269-966-3116; ftreelodge@aol.com or flowertreelodge.net.

Red Lodge and Vision Quest Open House with Debbie Mast • May 15 or Aug. 4 in Grand Rapids • According to ancient prophecy, a new cycle in human evolution begins in 2012. The Red Lodge Longhouse was created to help you win this race to the light. Ancient teachings and earth-based knowledge help you connect with Spirit and live up to your greatness! Free. Call Marie Stycos at 616-250-6421; ftreelodge@aol.com or flowertreelodge.net.

Red Lodge and Vision Quest Open House with Debbie Mast • May 12, June 8, July 29, Aug. 9 in Royal Oak • See above description. Free. Call 248-414-5376; ftreelodge@aol.com or flowertreelodge.net.

If you are interested in obtaining some biographical information about the teachers, lecturers, and workshop leaders whose classes, talks and events are listed in this Calendar, please look in the section which follows the Calendar, which is called "Background Information" and which starts on page 90.

Spiritual Development

Seals of Solomon Activation Part One with Karlta Zarley • Aug. 14, 9 a.m.-1 p.m. • The 26 Seals of Solomon contain the wisdom we gained in previous lifetimes in various ancient cultures and is stored within each of us. This activation begins the unichakra process, clearing the DNA of trauma and opening the first five seals covering the Egyptian, Mayan, Mu, Atlantean, and Druid lifetimes. This is very powerful work! $225 with light refreshments provided. Call 433-9333; karltazarley.com.

Munay-Ki: Nine Rites of Initiation with Lorna Brown • Tuesdays beginning May 4, 10 a.m. or Thursdays beginning May 6, 7-9:30 p.m. • The prophecies of the ancient Americas speak about a new human appearing on the planet - one who lives free of fear and resides in his or her transcendent nature. The Munay-Ki are the codes for the new human and are delivered in the form of energetic transmissions. They come to us from the Inca shamen of Peru and are the nine gates that heal us and transform our human energy field into that of homo luminous. $40 per session; $200 total. Call 428-8748; starlab6@aol.com or RevLornaBrown.com.

Flower of Life Workshop - 2000+ with Lorna Brown • May 15-16, 9-5 p.m. each day • Understand sacred geometry and learn to reactivate your Merkaba energy field for ascension, healing, your connection with higher self, and fully opening the heart. Helps to realize the connectedness of all life and your purpose in it. Based on the work of Drunvelo Melchizedek. $222. Call 428-8748; starlab6@aol.com or RevLornaBrown.com.

Ongoing Spiritual Discovery Group based on the Works of Eckhart Tolle with Melanie Fuscaldo • Ongoing discussion and skill building based on the work of Eckhart Tolle. Practice releasing the ego and pain body. Experience silence, spaciousness, and the "joy body". Awaken to your inner purpose. This is the first of a series of meetings. $30 per session. For dates and times, contact melaniefuscaldo.com.

Chakra by Chakra with Barbara Boyk Rust • May 16, 10-4 p.m. • In this day-long workshop, participants will learn the function of each of the seven major energy centers of the human body. Through chant, meditation, drawing, and movements, the dynamics of each chakra will be examined with the aim of clearing what interferes with the natural and healthy development of sacred listening. $100. Call 994-5032; barbaraboykrust@sbcglobal.net.

Dreaming with the Archangels with Deb Foggio • May 18, 25, June 1, 8, 15, 22; 7-9 p.m. • A special 30 day journey with the four archangels - Michael, Raphael, Gabriel, and Uriel - through the spiritual realm of your own dream world. With their guidance, you will discover eternal wisdom and truth. You may uncover your life's mission, tap into past lifetimes or dream of future events. Then, through dream analysis, you will decode the messages the archangels deliver in your dream state for your spiritual growth and the fulfillment of your heart's desire. $165. Call 248-702-7064; lightworkscenter@att.net or integrativewellbeing.com.

Healing the Elements in Ourselves and Our Earth: Healing Water Workshop with Tahnahga Myers • Aug. 14, 9-5 p.m. • A day for women focusing on deepening our relationship to the healing waters, the lifeblood of our Mother, the Earth. To begin a journey of inner balance and to travel the path of waters, our womb. $65. Call 730-9950.

Introduction to Meditation and Christian Mysticism with Lela Iduna • Wednesdays, 7-9 p.m. • This is a powerful six-week introductory course for the modern mystic, including teachings on the inner spiritual path, meditation, soul, light, prayer, and blessing. Time will be spent teaching the principles of meditation that will allow you to move deeper than the body, beyond thinking and emotions, and into the reality of God's peace and presence within. Free. Call 517-898-2303; revlela@centersoflight.org or centersoflight.org.

Creating Your Life Using the Laws of the Universe with Lela Iduna • Saturdays, once per month, 11 a.m.-1 p.m. • In this seminar, you will learn how to use the laws of the universe for your highest good and how to make a connection to the divine that will bring the fulfillment you have always been seeking. Come and learn how to be a conscious co-creator and become empowered to change your life! $10. Call 517-898-2303; revlela@centersoflight.org or centersoflight.org.

Experiencing the Presence of God with Peter Bowes • June 17, 7-9 p.m. • Mystics have always sought to find out for themselves through direct experience, whether God is real and whether God loves them. This seminar will help you begin to know how you can experience God and open to feel God's love, so that God becomes not just a belief but an actual reality you can feel and come to know. $25. Call Lela Iduna at 517-898-2303; revlela@centersoflight.org or centersoflight.org.

Jeshua Gathering at Interfaith Center • May 7, 21, June 4, 18, July 2, 16, Aug. 6, 20; 7-9 p.m. • A heart-centered group focusing on the wisdom and compassion of the messages of Jeshua ben Joseph (Jesus Christ) as channeled through the Washington medium Judith Coates. The group will listen to audio recordings and read passages from books published by Coates, focusing on different themes each week. Love offering. Call Dave Bell at 327-0270; interfaithspirit.org.

"Higher Consciousness" Group with David Winfree • Thursdays, 7 p.m. at Interfaith Center • All are invited to join a group discussion and to practice techniques to raise one's consciousness with a local master who has experienced a profound shift of consciousness. Donations accepted. Call 353-0906; dwinfree@charter.net or interfaith-spirit.org.

Exploring Theosophy with Don Elwert • Wednesdays, 7:30-9 p.m. • Open forum offering lively forays into metaphysics and mysticism. Bring your questions, ideas, and stories. No charge. Call Lotus Page at 313-640-8449; lotus711@yahoo.com or tsdetroit.org.

Bringing the Spiritual Into Your Day, Everyday with Dave Krajovic • July 13, 7-8:15 p.m • Reading spiritual books and receiving the teachings without putting them into practice everyday is just a good read and interesting information. The fast track to evolving the soul is to bring the teachings into practice everyday. Gain insight into this important issue and learn some simple tools to help. Free. Call 734-416-5200.

Biblical Words of Wisdom with Maribeth Howell • July 12, 7 p.m. to July 14, 1 p.m. • There are many voices that speak in the scriptures. The Wisdom tradition articulates diverse experiences of life and of God. We will attend to the voices of Job, Qoheleth, and Wisdom/Sophia. We will also reflect upon how God speaks to us in our life experiences. $325 single occupancy; $225 double occupancy; $175 commuter. Call Weber Center at 517-266-4000; webercenter@adriandominicans.org.

Stress Management

Restoring Balance: Tools for Stress Management with Sandra Finkel • Wednesdays: May 26-June 30, 5:30- 7 p.m. • Learn more effective ways to respond to events with greater awareness, calm, and power. In this six-week class, participants gain a deeper understanding of what provokes stress, learn effective ways of responding, and a variety of mind/body practices such as breathing practices, meditation, imagery, EFT, journaling, and more, to restore balance. $118. Call Ronda Barnes at 998-5679; rondbarn@med.umich.edu or emcvc.org/stress.

> The great teachings unanimously emphasize that all the peace, wisdom, and joy in the universe are already within us; we don't have to gain, develop, or attain them. We're like a child standing in a beautiful park with his eyes shut tight. We don't need to imagine trees, flowers, deer, birds, and sky; we merely need to open our eyes and realize what is already here, who we really are -- as soon as we quit pretending we're small or unholy.
>
> - Unknown

Feldenkrais Workshop: Make Your System Less Nervous with Joanna Myers • May 2, 1-3 p.m. • Tap into your body's ability to calm itself through breath, movement, and attention. You'll be guided through three movement lessons focusing on breathing and movements of the hands and eyes. We'll provide you with written strategies you can use anywhere to lower the activity of your nervous system. $22 or $16 for YMCA members. Call 395-8486; joanna@feldannarbor.net or feldannarbor.net.

Stress Management: Embracing the Peace Within You with Melanie Fuscaldo • Part 1: June 1, Part 2: June 8; 2-3:30 p.m. • Tune into messages from your body, mind, and spirit and learn effective strategies to enhance your well being. Identify your unique stressors. Experience guided imagery for relaxation and gain information from your inner wisdom. Leave with coping strategies to increase your effectiveness. $30 per session. Contact melaniefuscaldo.com.

Fighting Stress Is A Losing Battle with Dave Krajovic • May 24, 7-8:15 p.m. • 70-90% of visits to a doctor's office have stress as a root cause. Our response is to fight stress with an array of approaches. Most fail. Find out how fighting stress is a losing battle and learn how surrendering to life can make all the difference in the world. Free. Call 734-416-5200; inspire@GlobalBreathInstitute.com or GlobalBreathInstitute.com.

Stress Buster with Ema Stefanova • Tuesdays, 4:15-5:30 p.m.; Fridays, 9:30-10:45 a.m. • This class offers simple yet powerful yoga tools to help manage stress. Physical postures, breathing practices, and meditation techniques introduced can be used in daily life. Suitable for all regardless of your health or fitness level. For cost, call 665-7801; EmaStefanova@cs.com or YogaAndMeditation.com.

Regulating Your Nervous System: Be Calm and Energized! with Gail Castle • May 4, June 1, Aug. 3; 6:30-8 p.m. • Based on advances in pain/trauma resolution, anatomy and therapeutic techniques, experience and learn some basic concepts and tricks for nervous system regulation. $20. Call 971-3028; gailcastle@sbcglobal.net or atransformationstation.net.

Sufism

Sufi Meditation, Zikr, and Healing with Ali Hashmi • Thursdays, 8-9 p.m. • Come experience Sufi healing and meditation. Join in a traditional chanting circle and share in the zikr, or remembrance, as it has been passed down for generations. All are welcome! Free. Call Body-Mind-Spirit Wellness Center at 678-4523; staff@bmswc.com or bmswc.com.

Sustainability

Natural Building Slideshow and Hands-on Earth Plastering with Deanne Bednar • May 8, 11-4 p.m. • See a slideshow on regional natural building and take part in earth plastering on a small thatched wattle and daub structure at the Willows Earth Education Center during "Wild Lapeer", an Earth Day celebration that includes many family-friendly activities! There is a strawbale structure with a living roof, passive and active solar, greenhouse, and more. Free. Call 248-628-1887; ecoartdb@gmail.com or strawbale.pbworks.com.

Tai Chi, Martial Arts & Self Defense

Adult Okinawan Karate with Missy Siudara at Mind, Body + Spirit Academe • Sundays, 10:30-Noon • Adult martial arts designed for health, self-defense, and physical fitness. $65 per month. Contact snowryu33@yahoo.com.

Wu Style Tai Chi with Marilyn Feingold and John Adams • Sundays, 4-5:30 p.m. • Learn the ancient art of meditation in motion with this soft style martial art emphasizing relaxation and balance. Due to possible changes in schedule, please check with Jewel Heart to confirm. No class June 27. $5 suggested donation. Call 994-3387; programs@jewelheart.org or jewelheart.org.

Qi Gong with Annette Mullett • Tuesdays beginning May 11, 10-11 a.m. • Qi gong is one of the oldest movements known to man that originated in ancient China 3,000 years ago. It is very powerful to health and well being in that is helps you to direct your "qi", also known as chi or life force. It can be life changing if practiced regularly. It helps the mind and body work together, brings a feeling of bliss, and improves health as a side effect. Some people have experienced weight loss effortlessly, improved sleeping, and decreased pain in chronic conditions. $10 for a series of four or $15 drop-in fee. Call Deb Foggio at 248-702-7064; lightworkscenter@att.net or integrativewellbeing.com.

Tai Chi Beginner Class with Wasentha Young at Peaceful Dragon School of Tai Chi Chuan • Mondays and/or Thursdays, May 10-Aug. 19; 7:15-8:30 p.m. • Tai Chi is a Chinese internal style of martial arts emphasizing the integration and cultivation of the internal energy with the body and mind. This is done by concentrating on the techniques of relaxation and the use of imagery while in motion. Balance and an overall sense of well being are enhanced. $180. Call 741-0695, peacefuldragonschool.com.

Tai Chi Pushing Hands at Play with Sang Kim • Thursdays: June 24-Aug. 12, 7-8 p.m. • Tai chi pushing hands is a fun way to play with tai chi technique in application. It's a great way to gain balance, coordination, strength, flexibility, and stamina. $107 or $89 Ann Arbor residents. Call 255-1203; dojokitchen.com.

Tai Chi for Application with Joseph Wang • Mondays: June 21-Aug. 9, 7-8 p.m. • This is a fun class where the secret applications are revealed and you are shown how tai chi can be used not just as a martial art, but also how to safely use your body correctly in daily life. $107 or $89 Ann Arbor residents. Call 389-9626; dojokitchen.com.

Tai Chi Free Hand at Play with Sang Kim and Joseph Wang • Saturdays, Noon-2 p.m. • You will get reacquainted with playfulness and having fun as an adult while you learn how to move freely using martial art moves with another person. First class free. $75 for four weeks. Call 255-1203; dojokitchen.com.

Traditional Tai Chi for Martial Arts with Sang Kim and Joseph Wang • Saturdays, 10-Noon • You will learn tai chi in its true form as a martial art. You will learn the secrets of how the gentle slow movements translate to practical martial arts moves and how you can be soft yet powerful. First class free. $75 for four weeks. Call 255-1203; dojokitchen.com.

Morning Tai Chi with Sang Kim • Monday-Friday, 7-8 a.m. • A way to start the day with the flow of gentle, pleasurable movements that open your body and get you energized and ready for the day. Come and experience what it's like to feel the energy flowing through your body! First class free. $125 for four weeks (20 days). Call 255-1203; dojokitchen.com.

Martial Arts Classes with Huron Valley Aikikai • Classes offered Monday-Saturday in mornings and evenings • Huron Valley Aikikai is a community of martial arts practitioners with the goal of providing an authentic, supportive, and high-quality environment for the study of Aikido. Classes include Aikido, Zen Meditation, Mixed Martial Arts, Batto-ho, Weapons, and Children's Aikido. For complete schedule and costs, call 761-6012 or hv-aikido.com.

The Crazy Wisdom Calendar

Martial Arts Advantage • Morning and evening classes offered daily • Offering an extensive collection of fitness and martial arts courses, Martial Arts Advantage offers classes for young children to adults in their 60s. Classes include yoga, pilates, cardio kickboxing, bootcamp, and specialized martial arts training. First class is free. Memberships available. For complete schedule and costs, call 996-9699; themartialartsadvantage.com.

Aikido Yoshokai Association of North America • Evening classes offered four days per week • Aikido is a form of Japanese Budo, a way of study including both physical and mental training. The word Aikido can be loosely translated at "the Way of harmony with nature or universal energy". Aikido is a way of studying harmony through physical movements. We study moving in harmony with others to eventually strive to create harmony with nature. Children's classes offered Saturday mornings. First class is free for adults; $50 for five classes. $60 per month for beginning children or $70 for advanced. For complete schedule, call 662-4686; aikidoyoshokai.org.

Asian Martial Arts Classes with Ryan Wilson and Barbara Marynowski through White Crane • Ongoing evening classes offered • Traditional, fully asian-recognized martial arts training methods sponsored through Juko Kai International and the International Okinawan Martial Arts Union. Classes include Juko Ryu Hakutsuru White Crane Kempo (Hard Fist) and Kin-da (Locking and Throwing), Juko Ryu Aiki Inyo Tai Ki (similar to Tai Chi), and Juko Ryu Aiki Inyo Goshin Jutsu (self-defense art). For complete schedule and costs, call 417-7161; whitecranemichigan.com.

Classes with Asian Martial Arts Studio • Ongoing classes offered • Martial arts classes include Aikido, Kung-Fu, Karate-do, Tai Chi, Wing Chun, and Lion Dance, with the goals of developing a truthful knowledge of the fundamental elements of our martial arts traditions and their roots in asian culture, providing the opportunity for improved health and self-cultivation while accurately representing and transmitting the technical, cultural, and spiritual aspects of our martial arts traditions, and contributing to the progressive evolution of the living art form and its propagation. Children's program offered Mondays and Saturdays includes Karate-do, Judo, and Aikido. For complete schedule and costs, call 994-3620; a2amas.com.

Tai Chi Classes with Richard Miller of Ann Arbor Tai Chi • Monday and Thursday evenings, Saturday mornings • Classes include Chen style tai chi ch'uan basic practices, a unique movement art emphasizing inner stillness and relaxation developed through disciplined whole body integration and refined awareness, with an emphasis on balance, relaxation, and whole body unity. $85 per month. Call 973-0226; ribrumi@sbcglobal.net or annarbortaichi.com.

B.C. Yu Martial Arts Center Classes • Ongoing classes offered • Forty classes per week include Tae Kwon Do, Brazilian Jiu Jitsu, Modern Arnis, Mixed Martial Arts, and Fitness Kickboxing. If you're ready to increase your focus, stamina, confidence, and coordination, come and learn valuable and practical self-defense. Children's program teaches life skills that provide the knowledge kids need growing up today, including the five tenets of Tae Kwon Do: courtesy, integrity, perseverance, self-control, and indomitable spirit. For complete schedule and costs, call 994-9595; questions@bcyu.com or bcyu.com.

Tarot & Divination

Drop-In Tarot/Psychic Readings with Rebecca Williams in the Crazy Wisdom Tea Room • Thursdays, 6-9 p.m. • $1 per minute. No appointment necessary. Call 660-9680.

Drop-In Tarot Readings with Christine Leigh in the Crazy Wisdom Tea Room • Second and Fourth Friday of each month, 7-10 p.m. • Christine has been providing insight through the medium of The Golden Dawn Tarot deck for over 30 years. $1 per minute. No appointment necessary. Call 355-4934; tarotbyheart@gmail.com.

Drop-In COSMO Readings with John Fredericks in the Crazy Wisdom Tea Room • First and Third Saturday of each month, 10:30 a.m.-1:30 p.m. • Take a moment to explore your inner psyche and cosmic connections with COSMO, a delightfully rational divination system. The board is our mental map. The cards, similar to Tarot, represent fate and the forces, events, and people in our lives. The combination presents us with a psychologically sound, yet energetically and spiritually connected tool to explore the complexities of our lives. $1 per minute. No appointment necessary. Call 368-1780, johnrhino@comcast.net.

Drop-In Tarot and Astrology Readings with Jillian Kerry in the Crazy Wisdom Tea Room • Second and Fourth Saturdays of each month, 10:30 a.m.-1:30 p.m. • Jillian uses Tarot and astrology tools to understand where clients are in their lives and where they are going, in order to help coach them with issues such as career, relationships, personal or spiritual growth, and health improvement. Value based payment system. No appointment necessary. Call 395-4999, jilliankerry@gmail.com.

Drop-In Intuitive Tarot Readings with Joshua Wilde in the Crazy Wisdom Tea Room • Sundays, 11:30-2:30 p.m. • Joshua Wilde studies the Tarot from a wide variety of angles: psychological, Kabalistic, astrological, numerological, and esoterically. $1 per minute. No appointment necessary. Call 517-402-3260, heyyou@overthere.net.

Palmistry Readings with Vijayalaxmi Shinde in the Crazy Wisdom Tea Room • Sundays, 3:00-7:00 p.m. • Vijayalaxmi offers the ancient Indian science of palm reading and numerology information for the positive direction and welfare of her clients. $1 per minute. No appointment necessary. Call 734-222-9160.

Tea Events

Tea with the Fairies at Crazy Wisdom Tea Room • Mother's Day, May 9 with one seating at 1 p.m. • Children and their families are welcome for tea and petits fours served by real-life fairies! Celebrate with our magical fairies as they serve tea, treats, and magic. There will be storytime read from books available from Crazy Wisdom Bookstore. Fairy attire is encouraged. Be creative! $10.50 per person. Tickets are available by stopping in to Crazy Wisdom or by phoning prior to event. Babies 18 months and younger free. For information, call 665-2757; ashley@crazywisdom.net or crazywisdom.net.

Tea Tasting with Adam Kripke • May 11, June 8, July 13, Aug. 10; 7-8 p.m. • Come tease your taste buds with a soothing array of fine teas. Sample premium high-end teas from China and Taiwan. Taste the difference between green, oolong, herbal, black, pu-erh, and white teas. $5. Call Body-Mind-Spirit Wellness Center at 678-4523; staff@bmswc.com or bmswc.com.

> When one door closes another door opens; but we so often look so long and so regretfully upon the closed door, that we do not see the ones which open for us.
>
> - Alexander Graham Bell

Therapy & Support Groups

Men's Trauma Recovery Group with Felix Paulick • Wednesdays, 6:30-8:30 p.m. beginning May 19 • This 15-week group is designed to support men in developing or enhancing skills for managing the longterm effects of physical, psychological or sexual trauma. Topics include coping with emotions, body awareness, and how trauma impacts relationships. $50 per week with sliding scale available. Call 883-8701; felix@togrow.org or togrow.org.

Women's Health

Women's Retreat and Day of Rejuvenation with Pat Krajovic • May 16, 10 a.m.-4 p.m. • A pleasant day of relaxation. Stretch and experience your body/mind through yoga, practice meditation, explore your breath pattern, and experience the feeling of an open breath. Have fun! Enjoy a healthy lunch and find inner peace and serenity. Let us take care of you! $77 includes lunch. Call 734-416-5200.

Womencare: Making Herbal Medicines for Women's Health and Wellness with Mary Light • Aug. 7, 9:15 a.m.-5 p.m. • We will learn about, explore and directly create medicines from the earth to take home and benefit a variety of body systems and nourishment needs. $250. Call 769-7794; gaiaherbalstudies.net.

Medical Empowerment Group with Sierra Hillebrand • Tuesdays, Noon-1 • An ongoing support group for women who are facing medical challenges. This forum is designed to help participants access support, strength, and encouragement as they cope with health concerns and navigate medical systems. $15 per session. Call WomanSafeHealth at 477-5100; womansafehealth.com.

Medical Empowerment Workshop with Sierra Hillebrand • May 18, 6-9 p.m. • This introductory workshop offers women a holistic, multisensory approach to developing resources, skills, and techniques for facing health challenges and navigating medical settings with greater confidence and ease. Topics covered include communicating with caregivers, developing positive alliances and support systems, mind-body approaches to anxiety reduction, and strategies for informed decision-making. $90. Call WomanSafeHealth at 477-5100; womansafehealth.com.

Open House: Gynecology and WomanCare with Elizabeth Shadigian • May 13, Noon-1; June 1, 4-5 p.m.; July 10, Noon-1; Aug. 12, 4-5 p.m. • Each informal open house is an opportunity for community members to check out our innovative space and learn about WomanCare services we provide. These include gynecology and general healthcare, psychological services, health education, and our SelfCare room, which features a Migun thermal massage bed, relaxation equipment, and other valuable resources. Free. Call WomanSafeHealth at 477-5100; womansafehealth.com.

Womenspirit

Dancing with the Goddess • Aug. 22, 10 a.m.-4 p.m. • Come and join our journey as we honor and play with the energy of the Goddess using meditation, chant, drumming, and the exploration of our inner landscape. $25. Bring your own lunch. Call Gateways Center at 332-4666.

Women's Spiritual Retreat with Jean Cornell • June 4-6 at Windrise Retreat Center • Learn and connect to your own spirituality. Start a spiritual practice. Find your passion. Set your intentions. Time will be provided to enjoy the 140 acres of wilderness, swim in the pool or search your own solitude. $399 includes meals and lodging. Call 248-292-1756; jmcornell@hughes.net.

Women's Circle Meditation with Kathi Finney • May 20, June 17, July 15, Aug. 19; 6:30-8 p.m. • Come and join the circle to connect and heal your inner power for true direction in your life. Learn to trust and honor your own inner guidance. Experience the safe containership of loving sharing that occurs in this sacred circle, where women can speak their truth in privacy and confidence. Participate in group meditation to heal not only yourself but others, too. $15. Call 734-416-5200; info@bodyworkshealingcenter.com.

Maiden Mystery: The Magic of May with Bronwen Gates • May 17, 24, 31; 6:30-9:30 p.m. • In this magical month of May, with the "Wearing of the Green", we initiate a journey to dance with the Maiden, to engage women's mysteries, and touch the Great Mystery. Come explore the gifts of the ancestors through the light and dark maiden energies; come explore promise and potential. $90. Call 975-8754; BronWild@gmail.com.

Voices of Our Biblical Mothers: Women of the Old Testament with Sarah Sharkey and Sam Carter Gilliam • July 16, 7 p.m. to July 18, 1 p.m. • Chosen to participate in God's unfolding plan, the women of the Old Testament are models of endurance and faithfulness, vision and wisdom, leadership and strength. They invite us into conversation and beckon contemplation as we discern our role in today's challenging times. Please bring a Bible. $325 single occupancy; $225 double occupancy; $175 commuter. Call 517-266-4000; webercenter@adriandominicans.org.

Savoring Chocolate and Us with Janet Schaeffler • May 12, 10 a.m.-2:30 p.m. • This day, planned especially for friends, mothers, daughters, sisters, and grandmothers, will be a time to step aside from the busyness of life for a little while to appreciate who we each are, reflect on the exceptionality of women friends, delight in our giftedness and what a difference that has made, and realize our search for growth within ourselves, with each other, and with our God, who continues to grow and sweeten our lives. $30 includes lunch. Call 517-266-4000; webercenter@adriandominicans.org.

Work & Right Livelihood

Live Your Career Dream with Melanie Fuscaldo • Part 1: May 28, Part 2: June 4; Noon-1:30 • Begin to identify your unique career dream and action steps to create it in your life. $30 per session. Contact melaniefuscaldo.com.

Writing & Poetry

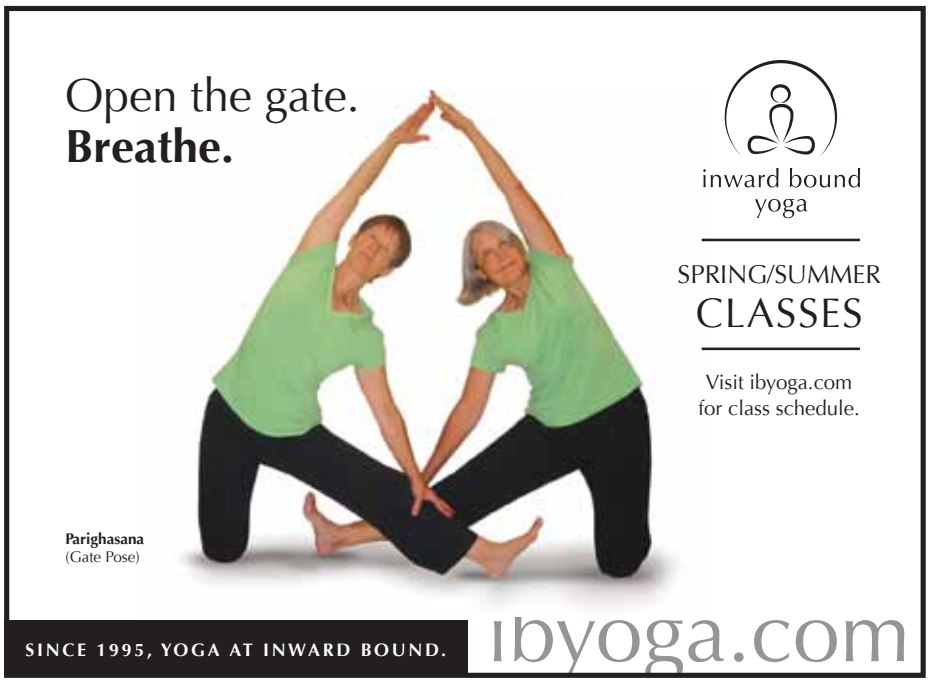
Ann Arbor Book Festival Spring Writer's Conference with Various Presenters • May 15, 10:15-4:30 p.m. • Attendees choose from options for each hour of the conference from a range of topics in writing areas. $100. Call Kathy Robenault at 369-3366; wroben3357@aol.com or aabookfestival.org.

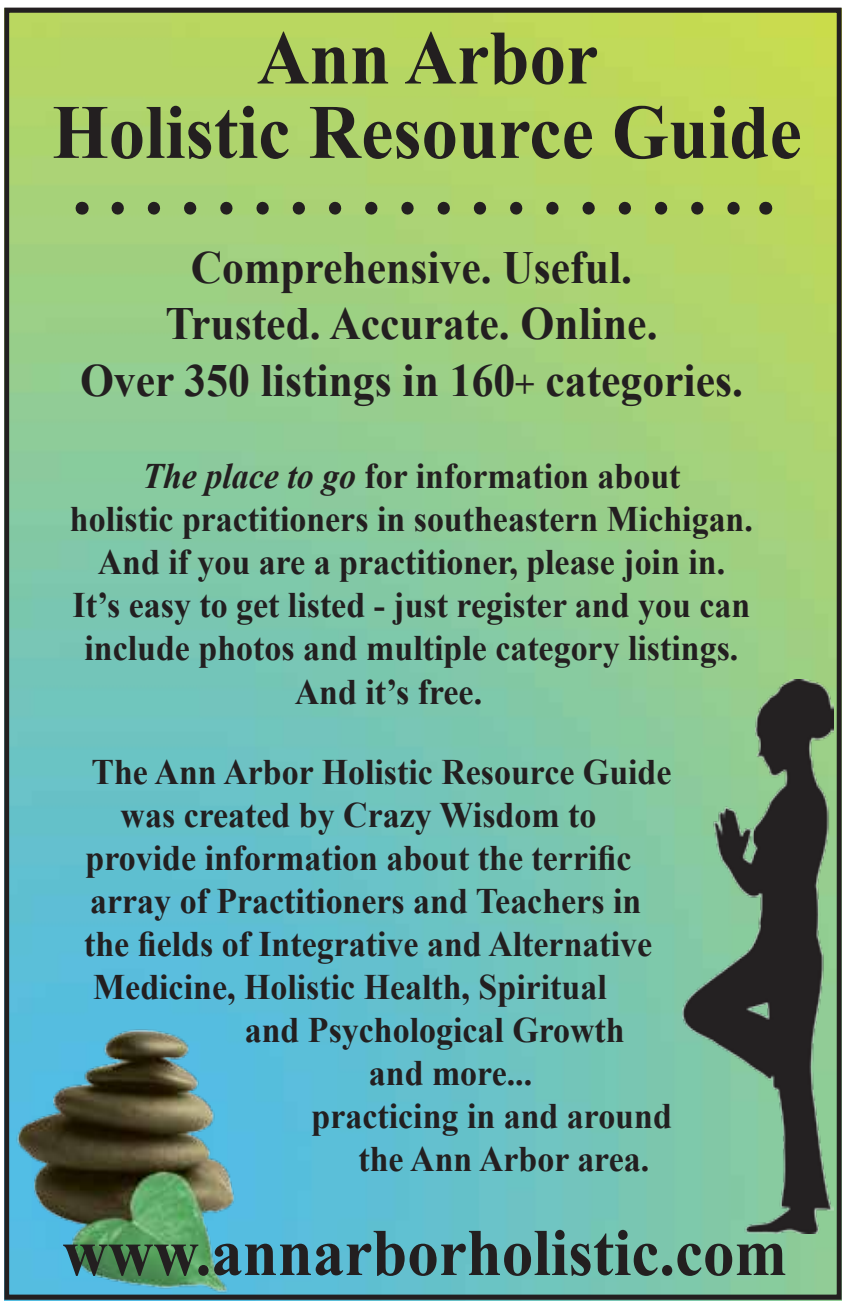
Integrative Writing Group with Lynn Vaughn • May 15, June 19, July 17, Aug. 21; 11 a.m.-1 p.m. • Safe and respectful group to encourage consistency in the creation of stories, poems, and submissions of fiction and non-fiction manuscripts. Donation for coffee, copies, etc. Call 248-921-7922; lynnvaughn-phd@att.net.

Yoga

Yoga at Matthaei Botanical Gardens with Janine Bennett • Two six-week sessions: May 4-June 8 or June 22-July 27; Tuesdays, Noon-1 p.m. • For students who enjoy a flowing sequence of postures coordinated with music. Class conducted at a moderate pace, with emphasis on the integration of breath and movement to increase strength and flexibility. Bring a yoga mat and bath-sized towel. Classes held in the auditorium. $60 or $48 for Univ. of MI students. Free for MBGNA members. Call 646-5255; mbgna.umich.edu.

Yoga Serves Community Potluck with Christy DeBurton • June 6, 5-7 p.m. • Take your yoga practice off the mat and into our community. Come ready to sign up for a service project and make new friends! We serve the hungry, the environment, the arts, youth programs, animal welfare, and other good causes. For a list of current volunteer projects, visit christydeburton.com. Free. Bring a vegetarian dish to pass. Call 761-8409, info@christydeburton.com.




Ann Arbor
Holistic Resource Guide
Comprehensive. Useful.
Trusted. Accurate. Online.
Over 350 listings in 160+ categories.
The place to go for information about
holistic practitioners in southeastern Michigan.
And if you are a practitioner, please join in.
It's easy to get listed - just register and you can
include photos and multiple category listings.
And it's free.
The Ann Arbor Holistic Resource Guide
was created by Crazy Wisdom to
provide information about the terrific
array of Practitioners and Teachers in
the fields of Integrative and Alternative
Medicine, Holistic Health, Spiritual
and Psychological Growth
and more...
practicing in and around
the Ann Arbor area.
www.annarborholistic.com

The Crazy Wisdom Calendar

Yoga (continued)

Yoga Classes at The Yoga Room with Christy DeBurton • The Yoga Room offers a relaxed and intimate atmosphere, an alternative to commercial studios and gyms. Classes are small, a maximum of 12 people, to allow individual attention. For description and fees, call 761-8409; info@christydeburton.com or christydeburton.com.
Monday:
5:45 p.m. • Vinyasa
7 p.m. • Hatha
Tuesday:
9:30 a.m. • Hatha
5:45 p.m. • Vinyasa
7 p.m. • Energy Flow
Thursday:
4:30 p.m. • Hatha
6 p.m. • Vinyasa
Saturday:
8:30 a.m. • Vinyasa
10 a.m. Energy Flow

Anusara Yoga Workshop: Deepening the Roots of Our Wisdom with Jamie Allison and Justin Allison • June 9, 1:30-4 Mixed level back bending; 6-8 p.m. Mixed level hip opening; 8:15 p.m. Kirtan • Join us for a day of deepening your yoga practice. Jamie will skillfully sequence to allow access to the deepest part of your heart in back bending poses and will support the settling and opening of the body to allow for heart and mind to connect in hip opening poses. Justin will end the evening by leading us in kirtan - joyful, uplifting, sacred chanting. $75. Call Heather Foster at 709-8191; a2yoga@gmail.com or a2yoga.com.

Yoga and Pilates with Nia-Avelina Aguirre • Session I: May 3-June 21 or Session II: July 7-Aug. 23; Mondays and/or Wednesdays, 5:30-6:20 p.m. • A balanced blend of standing, inverted, wall, and floor yoga poses along with wonderful Pilates movements. No headstands. Modifications provided. Class ends with relaxation. $70 for seven Mondays or Wednesdays. $13 drop-in. Call 998-1198; niaaguirre@aol.com.

Women's Yoga Class with Sher Vettraino • Tuesdays, 9:30-10:30 a.m. at Body, Mind, Spirit Center • Beginning women's yoga class. Children are welcome for free. $12 per class or $40 per month. Call 248-931-0709; shervettraino@aol.com.

Iyengar Yoga Classes at Harmony Yoga of Ann Arbor with Karen Husby-Coupland • Late spring session begins April 26 • Yoga classes taught in the Iyengar method are available for beginner, intermediate, and experienced yoga students. There is also a Gentle class for those who prefer a slower-paced approach to the study and practice of yoga. Classes are small to medium-sized, allowing for individual attention. You may register at any time during a session. Summer session dates to be determined. $16 drop-in. For session fees, check the online schedule at HarmonyYogaAnnArbor.com. Call 222-9088; Karen@HarmonyYogaAnnArbor.com.

Beginning Yoga with Sandie Pierce • May 6, 13, 20; 5:30-6:30 p.m. at Visitation Barn • Acquaint yourself with the language and positions of this ancient Eastern practice. The purpose of this class is to increase one's awareness of one's body while working on physical fitness. Increase your flexibility, strengthen muscles, increase body awareness, improve posture, and help create a relaxed and clear mind while increasing the awareness of the mind-body connection. $5-$10 per session. Call River House at 734-240-5494; riverhouse@ihmsisters.org or ihmsisters.org.

Spring Session Yoga Classes with Karen Ufer at Yoga Focus • April-June • This system of yoga stretches, strengthens, and enhances well being through the effort of muscles, organs, nerves, and circulation. Classes for all levels, including prenatal and gentle. $15 drop-in or $13 per class if signed up for eight-week session. Call Karen at 668-7730; info@yogafocusannarbor.com or yogafocusannarbor.com.

Yoga with Intelligent Exercise • May 1-June 8 or June 15-July 20; Tuesdays, 9:30-11 a.m. • Morning Hatha Yoga class designed to wake up your body and energize your mind. A flowing class that gently progresses through classic postures, focusing on alignment using breath and imagery. A great way to start the day! $60 for six classes or $15 drop-in. Call Melissa or Jamie at 994-9970; melissa@intelligentexercise.net or intelligentexercise.net.

Open Level Yoga with Ema Stefanova • Mondays, 6:10-7:25 p.m. at Body-Mind-Spirit Wellness Center • Excellent for both beginner and continuing students, this class is designed to peacefully energize you and develop total fitness - meaning not only a healthy body, but also emotional stability, stress-free personality, and heightened mental awareness. $75 for four weeks or $150 for ten weeks. Call 665-7801; yogaandmeditation.com.

Karma Yoga at Be in Awe • Informational meeting May 22, 9:30-10:15 • Help with gardens, help with repairs, bring your love for being outside and getting improvements underway with new and old friends. Free. Call 213-0435; info@BeinAwe.com or BeinAwe.com.

Sivananda Yoga Classes at Be in Awe • Six weeks beginning the weeks of May 10 and June 21 • A meditative flow with emphasis on full yogic breathing, relaxation to maximize benefits, and being deeper still in long steady poses. Student discounts available. For cost, call Jody Tull at 213-0435; info@BeinAwe.com or BeinAwe.com.
Restorative: Tuesdays, 10:30-Noon
Vigorous: Tuesdays, 4-5:30 or Thursdays, 10:30-Noon
Yoga 1: Wednesdays, 7:30 p.m.
Yoga 2: Tuesdays, 6 p.m.
Yoga 3: Wednesdays, 5:30 p.m.

Sivananda Yoga Today Teachers' Training at Be in Awe • May 22, 10:30-Noon • Informational gathering to learn about the requirements for becoming a certified yoga teacher and the teachers' training at Be in Awe. Bring your questions. Free. Call Jody Tull at 213-0435; info@BeinAwe.com or BeinAwe.com.

Holy Yoga with Diane Buckery at Mind, Body + Spirit Academe • Mondays beginning May 10, 6-7 p.m. • Holy yoga is a form of yoga that is Christ-centered and incorporates scriptures, prayer, and meditation for experiential worship. Physically, this will be a traditional yoga class with standard poses at a beginner/intermediate level. Holy yoga will give you the opportunity to deepen or begin your relationship with God as well as improve your health and well being. For cost, call 517-581-2452; dianeb@holyyoga.net.

Ashtanga Yoga with Ita Reyes at Mind, Body + Spirit Academe • Fridays, 5:30-6:45 p.m. • This practice intends to heat up the body, promoting increased flexibility while detoxifying and strengthening the entire being. Classic sun salutations combined with variations help the body regain its natural range of motion, providing overall health and well being. The class moves at a comfortable pace, making it a welcoming environment for all interested to come. First class $5. $115 for ten classes or $13 drop-in. Call 604-5697, itayoga@comcast.net.

Posture Yoga with Ita Reyes at Mind, Body + Spirit Academe • Saturdays, 9-10:15 a.m. • This class focuses on strengthening the core muscles while opening and stretching the hips, allowing for proper posture and a healthy spine. Poses are held to build endurance and breath work will release tension so flexibility of the spine and hips can be achieved. This class is a must for anyone that spends hours sitting at a desk or driving long hours each day. First class is $5. $115 for ten classes or $13 drop-in. Call 604-5697, itayoga@comcast.net.

Yoga Classes with Michele Bond of Yoga House • Anusara blends the science of biomechanics with an openhearted, uplifting philosophy. Anusara brings us Universal Principles of Alignment that are an invaluable aid to learning the postures, deepening your understanding of the body, and developing a yoga practice that is safe, joyful, therapeutic, and fun! Learn to look for the good in yourself as you enjoy a dynamic practice. $12 if registered or $15 drop-in with permission. Call 358-8546 michele@yogahouseannarbor.com or yogahouseannarbor.com.
Open Level Yoga • Sundays 7:30-9 p.m., Thursdays 9:30-11 a.m. or 5:45-7:15 p.m., Saturdays 10-11:30 a.m. • Each student is encouraged to honor their own unique abilities and limitations in this mixed level class based on the teachings of Anusara Yoga.
Yoga for Athletes • Wednesdays 6-7:30 p.m. • Enjoy an energetic practice to increase strength, flexibility, agility, balance, and mental focus. Learn how correct alignment enhances joint function, decreases risk of injury, and can aid in healing pre-existing injuries.
Yoga Essentials • Tuesdays 5:45-7:15 p.m., Thursdays 7:45-9:15 p.m. • For those new to yoga or new to this system. Begin a journey into the principles and philosophy and learn the essentials for a rewarding practice.
Yoga Happy Hour • Fridays 5:45-6:45 p.m. • Relax in a peaceful, serene setting as you discover the joys of restorative yoga. Simple breathwork to balance your energy, gentle stretching, and supported postures help your stress melt away. No yoga experience required. $10.

Yoga Classes at Zen Buddhist Temple • Tuesdays • Beginning and experienced students in the classes learn traditional (hatha) yoga postures with an emphasis on relaxation, concentration, and working with the breath. The instructors were trained by the Sivananda Yoga Organization and combine that experience with meditation training. Classes fill early. $60 for six sessions or $12 per class. For cost and information, call 761-6520; annarbor@zenbuddhisttemple.org.
Yoga I • Six Tuesdays starting May 25, 6-7:30 p.m. • For absolute beginners.
Yoga II • Six Tuesdays starting May 25 and July 6, 6:30-8 p.m. • For those who already know the postures.
Yoga Retreat/Workshop with David Black • June 5, 10 a.m.-4 p.m. • $75.

Yoga Classes through Inward Bound Yoga • May 3-June 19 or June 21-Aug. 7 • Inward Bound Yoga offers a variety of approaches to the ancient discipline of yoga, including four levels of hatha yoga instruction, prenatal and postnatal yoga, yoga for kids, Ashtanga yoga, meditation for yogis, and vinyasa flow classes coordinated with music. For class descriptions and fees, visit ibyoga.com. To contact Inward Bound: info@ibyoga.com.

Monday:
5:45-7:15 • Level 2-3 with Martha
Tuesday:
9:30-11 a.m. • Morning Yoga with Lynette (Spring)
7:30-9 p.m. • Level 1 with Caitie (Spring)
Wednesday:
7:30-8:30 a.m. • Wake-Up Yoga with Janine
5:45-7:15 • Level 2 with Lynette (Spring)
7:30-9 p.m. • Level 2 with Martha (Spring)
7-8:30 p.m. • Level 2 with Martha (Summer)
Thursday:
5:30-7:15 p.m. • Posture Flow to Music with Aileen
7:30-9 p.m. • Level 1-2 with Barbara B.
Friday:
7:30-8:30 a.m. • Wake-Up Yoga with Roddy
9:30-11 a.m. • Prenatal Yoga with Marlene
11:15-12:30 • Postnatal Yoga with Marlene
Saturday:
8:15-10 a.m. • Ashtanga Yoga with Jonathan

Yoga for Kids with Inward Bound Yoga • Aug. 9-12, 9:30-11:30 a.m. • For kids ages 6-11. For more information, call Adele at 248-931-0773; info@ibyoga.com or ibyoga.com.

Yoga Classes with Ema Stefanova • Early registration discounts offered. For more information, call 665-7801, EmaStefanova@cs.com or YogaAndMeditation.com.
Open Level Yoga • Monday, 6:10-7:25 p.m.; Wednesday, 9:15-10:30 a.m. • This class will peacefully energize you and enable you to develop a healthy body and stress-free personality.
Fresh Start • Tuesday, 6:45-8 a.m. • Fast paced and vigorous, this class is not for those with health problems. Healthy beginners welcome.
Healthy Backs • Monday, 8:15-9:15 p.m. • Highly therapeutic class to strengthen, relax, and self-massage your back while releasing overall tension.
Mommies Do Yoga with Toddlers • Wednesday, 10:40-11:40 a.m. • Adult yoga class that lovingly welcomes infants and toddlers in the safe, padded environment of a cushioned floor.
Yoga in the Management of Anxiety, Stress, and Depression • May 1, 2-4 p.m. • Satyananda yoga and meditation work quickly to relieve symptoms of anxiety, stress, and depression. Learn effective coping techniques from classical yoga tested in clinical environments. $75.
Hormone Therapy for Menopause and Unbalanced Hormones • May 22, 2-4 p.m. • We bring precise Nawa Yogini Tantra programs to help women with low and out of balance hormones. Also beneficial for PMS, menstrual cramps, and premature menopause. $75.
Yoga Day Retreat • May 2, May 23, June 6, July 11, Aug. 8 • Treat yourself to a whole day of yoga and meditation experience to last long after the retreat is over. Learn common sense yoga practices to help with real life challenges, health, and relationships. $165 or $100 half day.
Yoga for Diabetes and Obesity • July 10, 2-4 p.m. • Not all yoga is created equal. Specific do-able, safe, and common sense programs will be shared as designed for these conditions. $75.
Yoga for Allergies, Asthma, Emphysema, and Bronchitis • Aug. 7, 2-4 p.m • Yogic treatment and practice programs will be introduced for these conditions. $75.
Youth Yoga and Meditation Camps • June 21-25, 12:30-2:30 p.m.; June 28-July 2, 1-2:30 p.m.; July 6-10, 1-3:30 p.m.; Aug. 2-26, 10:30 a.m.-12:30 p.m. or 1:30-3 p.m. • For complete description, please see our Kid's Section.

Yoga Postures with Optional Lunch with Diane Kimball of Deep Spring Center • Wednesdays, 10:30-Noon • Class structure will be sitting meditation, yoga postures, and relaxation. Please bring a mat and/or blanket to class if you have your own. Optional lunch after session, brown bag or pick up something nearby. Offered as dana with donations to DSC appreciated. All are welcome. Call 477-5848; info@deepspring.org.

Bikram Yoga Ann Arbor Classes • Morning, afternoon, and evening classes offered daily • The Ann Arbor studio is a friendly, comfortable, and welcoming place to learn yoga, begin a healthier lifestyle or continue to improve your Bikram yoga practice. All classes are great for beginners. 30 classes per week in a 105 degree room. Be prepared to sweat! New student special: ten days for $20. Call Lora Rosenbaum at 975-0505, bikramyogaa2@gmail.com or bikramyogaannarbor.com.

Vinyasa Yoga with Ellen Livingston • Mondays and Wednesdays, 9:30-11 a.m. • Moderate pace, small group classes. Appropriate for men and women, beginning to intermediate levels. Classes include meditation, philosophy, breathwork, and asanas, and are followed with a raw food snack. Join our healthy yoga community! $15 drop-in or discount for multiple class passes. Call 995-0875; livingyoganow.com.

Yoga Classes with Sue Salaniuk, Nancy Udow, and Sally Rutzky at The Yoga Space • May-July • Iyengar yoga improves balance, strength, flexibility, endurance, and mindfulness. Classes include yoga poses, breathing, and meditation, and accommodate the needs of individuals. Beginning and experienced yoga classes offered during the weekday, evenings, and Saturdays. Eight-week series: $66 one hour, $88 for 90 minutes, $115 for two hours. Seven-week series: $58 one hour, $77 for 90 minutes, $100 for two hours. For complete information, call Sue at 622-9600; sue@yogaspace.info or yogaspace.info.

Yoga Space Free Trial Class • May 2, 6-7 p.m. • Come and try yoga and experience how good you feel after a class. Yoga helps to balance all aspects of your body and helps you cope with stress. Free. Call Sue at 622-9600; sue@yogaspace.info or yogaspace.info.

Yoga Space Ageless Class • May-July • This class is for students who need a slower, more supported approach for stretching and lengthening. $77 for seven weeks. For dates and times, call Sue at 622-9600; sue@yogaspace.info or yogaspace.info.

Yoga Classes with Evolve Yoga • Ongoing classes offered weekly • A sacred space for physical, mental, and spiritual evolution. Energize the body, expand the mind, and enliven the spirit. Classes include Basic, Flow, Prenatal, Restorative, Slow Flow, Rise and Shine, Vinyasa, Vipasana Meditation, and Yoga at the Wall. $100 for ten classes; $10 drop-in with first class free. Veteran, student, senior, and family discounts. For complete schedule, please call 454-9642, evolve-yoga.net.

Iyengar Yoga Classes with Laurie Blakeney at Ann Arbor School of Yoga • Ongoing classes offered • Classes for everyone - beginners and experts, stiff or flexible, young or old. The practice of yoga helps us know more fully who we truly are, beginning with the body, mind, and breath. Come join progressive, safe, and transformative Iyengar yoga classes. For cost, call 663-7612, annarborschoolofyoga.com.

Iyengar Yoga Weekend Intensives with Laurie Blakeney at Ann Arbor School of Yoga • July 9-11 • A fun, challenging way to deepen personal practice and develop skills through pranayama, advanced asana, and master classes covering Iyengar methodology. Join us for a weekend of deep study and enjoyment. Students should have a minimum of three years experience in Iyengar yoga and be able to hold independent inversions for at least five minutes. $300 with member discount offered. Call 663-7612, annarborschoolofyoga.com.

Yoga Classes with Sondra O'Donnell and Certified Sun Moon Yoga Teachers • Ongoing classes offered • Classes include Basic, Yoga Nidra, Spirited, Better Backs, Kripalu, and Pranayama. $14 drop-in with reduced rates for registration or package purchase. For more information, please call 929-0274 or sondra@annarboryoga.com or sun-moon-yoga.com.

Yoga Teacher Certification Programs with Sondra O'Donnell • Yoga Teacher Certification Program 200 Level includes hands-on practice, theory, anatomy, physiology, yoga philosophy, techniques, and teaching methodology with a strong foundation in traditional yoga. Multidimensional Yoga Therapy Professional Yoga Therapist Certification Program 500 Level also includes Ayurvedic diagnostics, client assessment, practice planning, and completion of case studies on special topics in health. For more information, please call 929-0274 or sondra@annarboryoga.com, sun-moon-yoga.com.

Where Do We Distribute The Crazy Wisdom Community Journal?

8,250 copies of *The Crazy Wisdom Community Journal* are distributed to more than 150 locations in theAnn Arbor area, including Crazy Wisdom Bookstore, Whole Foods, Plum Market, Castle Remedies at the Parkway Center, the Food Co-op, Kerrytown, Nicola's, the Zen Temple, Sweetwaters, Pharmacy Solutions, Michigan Union, the Better Health Store, the Ann Arbor Institute of Massage Therapy, North Campus Commons, Arbor Farms, the Center for Sacred Living, Complete Chiropractic, the Lotus Center, Organic Bliss, the Lighthouse Center, Jewel Heart, Tsogyelgar, the Aprill Wellness Center, Yoga Space, Sun Moon Yoga, Deep Spring Center, and the Weber Center. We also distribute to the offices of dozens of doctors, holistic health care providers and therapists.

If you'd like us to bring copies of *The CW Community Journal* to your office, studio or center, please call us at 734-665-2757 or email: bill@crazywisdom.net.

Background Information on the Teachers and the Centers

Aaron is a "spirit who has been a Buddhist monk and scholar in previous lifetimes and is a being of great love, compassion, wisdom, and gentle humor. In his final lifetime, he was a Vipassana meditation master in the Theravadin tradition", channeled by Barbara Brodsky.

George Aboud is a Certified Hypnotherapist and Biofeedback technician who has been practicing for over nine years to help improve people's lives by using the power of their mind.

Linda Adamcz, LMSW, has worked an an individual therapist, group facilitator, and case manager in the field of mental health for over 21 years. She is certified as a Facilitator of Integrative Breathwork through Eupsychia Institute since 1998.

Nia-Avelina Aguirre, ND, is a nationally board certified Naturopathic Docotr with a degree in Exercise Science/Sports Medicine. She has been practicing in the Ann Arbor area since 1983 and is also naturopathically trained in bodywork and energy work.

Aikido Yoshokai Association of North America is a non-profit educational corporation established by Takashi Kushida-sensei, and is dedicated to teaching Yoshokai Aikido and educating the general public about Aikido in particular and Japanese Budo in general.

Laurie Akerros, BA, MA, LMT, is a teaching member of the Worldwide International Network of Esoteric Healing Group and has over 25 years training and experience in holistic healing. Her formal education was in psychology and she is also a bodyworker, craniosacral therapist, energy healer, and vibrational essence therapist.

Don Allen is a musician, teacher, and practitioner of esoteric healing arts. He is a trained Health Rhythms Facilitator and Drum Circle Facilitator, and teaches classes in culturally specific drum rhythms at the college and high school level.

Jamie Allison received her certification in Anusara Yoga in 1999. She has studied with John Friend, founder of Anusara Yoga, since 1994 and with Douglas Brooks, scholar of Rajanaka Tantra, since 1998.

Christine Allyson is a life coach and author of *So You Want to Make a Change*? She is a certified hypnotherapist and speaker with over 25 years experience as an expert on change and transformation.

Ibrahim Aminou is from Niger, West Africa. He has played music all his life and currently performs in two local bands, including First Flight and Zoumountchi.

Ann Arbor Institute of Massage Therapy instructors are highly trained to assist each student on an individual basis. All belong to a massage therapy organization and are certified by the National Certification Board for Therapy Massage and Bodywork, which requires ongoing continuing education.

Ann Arbor Kirtan has been chanting together for four years, comprised of both professional musicians as well as those with a strong foundation in the Kirtan practice.

Ann Arbor Swing Dance Association promotes and sponsors traditional swing dances with roots in the decades of the 1920-1940's such as charleston, lindy hop, collegiate shag, east coast swing, balboa, and blues. Their goal is to bring lessons and workshops to the dance community and to promote local swing dancing venues.

Arts in Motion Dance and Music Studio strives to provide quality dance and music training to students of all ages and levels, with an emphasis on self expression, musicality, and artistic integrity.

Asian Martial Arts Studio originated in 1970 and strives to teach the martial arts tradition as a living art form by continuing to evolve and serve as an expression of the development of the practitioners.

Marcia Bailey, MA, PhD, has taught yoga since 1999 as a certified Phoenix Rising Yoga Therapy Practitioner and Kripalu Yoga teacher, and has taught connected breathing for over 30 years. She is a Certified Transformational Breath Facilitator and Senior Trainer.

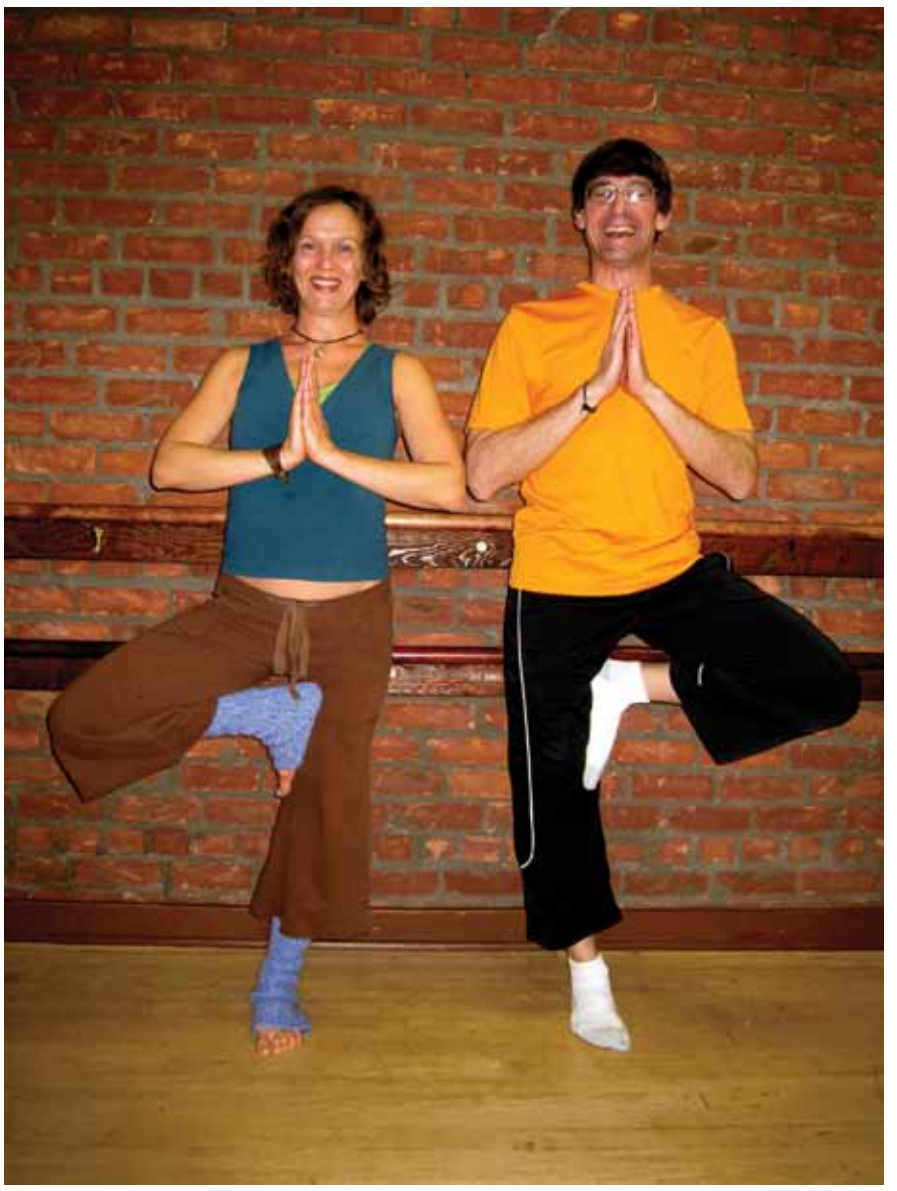
Beth Barbeau, BS, is a Homebirth Midwife, Childbirth and Breastfeeding Educator, and an instructor in the Holistic Labor Companion program at the Naturopathic Institute in Mt. Pleasant. With nearly 20 years experience in the field of birth, she is also owner of Indigo Forest, The Holistic Family Center of Ann Arbor.

Ann Barden has been practicing Vipassana and teaching for many years, and trained with Barbara Brodsky of Deep Spring and Matthew Flickstein of Forest Way.

Jim Barnett, OP, is a Dominican friar of the Chicago Province. He considers his 12 years in El Salvador and Honduras as the most important influence on his spiritual life and has been involved in campus ministry, justice and peace activism, interfaith dialogue, retreat preaching, and prison ministry.

Barony of Cynnabar is the local chapter of the Society of Creative Anachronism, an international non-profit educational organization that researches and recreates the art, sciences, and technology of the Middle Ages.

Deanne Bednar has been teaching natural building and sustainable living skills at the Strawbale Studio and off-site since 1997. She has a Masters in Social Ecology and is illustrator of *Hand Sculpted House* and *The Natural Plaster Book*.



Natasha Schaffer of *Yoga Meets Dance* studio and Jim Slavsky, a long-time student of *Yoga Meets Dance*™ Her classes can be found in the 'Dance and Movement section'.

Melba Beine, OP, MD, is a Dominican Sister of Adrian and an Internal Medicine physician. She has been in private practice for over 20 years and is a hospice physician in her spare time.

Marilyn Beker, a writer and international lecturer with extensive professional media experience, is Senior Screenwriting Professor in the School of Film and Television at Loyola Marymount Univ. in Los Angeles.

Rev. Dave Bell was trained in the Unity tradition and later ordained as an Interfaith minister at the New Seminary in New York State.

Janine Bennett completed her yoga teacher training at the White Lotus Foundation in Santa Barbara, and teaches yoga at Inward Bound, Matthaei Botanical Gardens, The Health and Fitness Center at WCC, and the Saline Senior Center.

Sandra Berman became interested in Eastern psychology and spirituality in 1976 and has been practicing some form of meditation since that time. She utilizes relaxation techniques and guided meditation in order to foster a state of ease and well being.

Sherry Berry, CHt, is a certified hypnotherapist and member of the National Guild of Hypnotists. She conducts monthly meetings of the Michigan Hypnosis and Healing Arts Group of Ypsilanti.

Bikram Ann Arbor yoga teachers are all certified by Bikram.

Sherrill Black is an LPN with over 30 years experience in the OB/GYN and Pediatric field. She is also an International Board Certified Lactation Consultant and mother.

Dawn Blackburn has over 20 years experience in various maternal/child nursing areas. She is currently working as a RN at St. Joseph Hospital.

Laurie Blakeney is an advanced certified Iyengar yoga instructor, has been teaching in Ann Arbor since 1977, and is a personal student of B.K.S. Iyengar**.**

Carol Blotter has been practicing Vipassana meditation since 1989 and has been teaching since 1999. She is a teacher for The Forest Way, an organization dedicated to providing retreat opportunities conducive to spiritual growth. She was also the production assistant for the film, With One Voice.

Kathy Blough is co-owner of Sagepoint Institute in Ann Arbor. She is a psychotherapist who has been practicing for 20 years and uses methods such as energy work and psychotherapy techniques to create lasting change for her clients.

The background information listed here pertains specifically to individuals and centers whose classes and workshops and events are listed in this current issue of the Crazy Wisdom Calendar. If you are a holistic/spiritual/psychological growth practitioner in the area, but you don't regularly lead classes or workshops, you can still be listed in our Holistic Resource Guide on the Web. Go to AnnArborHolistic.com.

Teachers, Lecturers, Workshop Leaders and the Centers

Body-Mind-Spirit Wellness Center is home to some of the area's finest alternative practitioners. Instructors, counselors and therapists use the center to share their expertise and knowledge with the community.

Michele Bond has a strong background in martial arts, dance, and competitive synchronized swimming, along with training in gymnastics, stunt fighting, and swordplay. Her practice of yoga began in her teens and continues to unfold under the constant inspiration of her teacher, John friend, the founder of Anusara Yoga.

Estela Monjo Boudreau, founder and director of Windrise Retreat Center, has an MA in education and has been a sculptress for 20 years.

Christo Bowers has been practicing meditation for nearly 15 years. He is a psychic and published author.

Peter Bowes is an ordained priest and master teacher in the Order of Christ/Sophia.

Susan Boyes writes, makes art, and runs a private art therapy practice in Ann Arbor. She received a Master's in Art Therapy at Southwestern College in Santa Fe in 1996. A board certified Art Therapist, she is also a Licensed Professional Counselor in the state of Michigan.

Breastfeeding Center of Ann Arbor, LLC, offers comprehensive and professional support services for breastfeeding mothers and babies, including private consultations onsite or in your home with Barbara Robertson, support groups, and breastfeeding-related retail, including slings, pumps, and nursing bras for women of all sizes.

Patty Brennan, director of Center for the Childbearing Year, has been an advocate for childbearing families for nearly 30 years as a childbirth educator, doula trainer, and midwife. She is author of *Whole Family Recipes: For the Childbearing Year & Beyond*, *Guide to Homeopathic Remedies for the Birth Bag*, *Vaccines & Informed Choice: A Guide for Concerned Parents*, and *The Doula Business Guide: Making Your Dreams a Reality* (forthcoming, 2010).

Barbara Brodsky is founding teacher of Deep Spring Center and has been practicing meditation since 1960. Teaching since 1989, she draws on dual roots in the Buddhist and Quaker traditions. She became totally deaf in 1972 and is channel for the spirit, Aaron.

Benjamin Brose is Assistant Professor of Chinese Buddhism at Univ. of Michigan.

Lorna Brown has been presenting seminars and workshops in relaxation, meditation, altered states, metaphysics, and the spiritual journey since 1972. She is a Melchizedek priest, spiritual coach, and healer, and teaches workshops that emphasize transformation and integration and performs personalized wedding ceremonies.

Heather Brumwell owns VitaSun Health Store in Ann Arbor and is a volunteer with Grass Lake Sanctuary.

Diane Buckery, RYT, CYT, is a registered yoga teacher through Yoga Alliance as well as a personal trainer and fitness instructor.

Marnie Burkman is an Integrative Psychiatrist in Ann Arbor and a volunteer with Grass Lake Sanctuary.

Ann Burton, PhD, has been exploring human potential for over 25 years and energy medicine techniques for over 15 years. She is committed to helping others know the power of their blessing presence and loves to inpsire them to practice this presence as a gift to all life.

Jane Capua holds an MA in counseling and has trained in cellular healing and grief work. She is a yoga teacher and experienced vegetarian cook.

Gail Castle, NCTMB, is a co-organizing member of A Transformation Station with 30 years healthcare experience. She maintains a therapeutic massage and bodywork practice.

Kapila Castoldi has studied meditation under the guidance of Indian spiritual teacher Sri Chinmoy for over 24 years, and is regional coordinator of the World Harmony Run since 1995.

Center for the Childbearing Year offers contemporary birth preparation, comprehensive breastfeeding support, DONA International birth and postpartum doula workshops leading to professional certification, continuing education contact hours for nurses, holistic approaches and a focus on prevention, support groups, lending library, and community as well as online resources.

Barb Christensen has a background in Aikido and Shudokan Karate, 6th degree black belt Shorin RYU Karate.

Kam Thye Chow, author of *Thai Yoga Massage* and *Tai Chi Chuan: Mindfulness in Motion*, is founder and director of the Lotus Palm School in Montreal.

Carol Clarke is a Melody TAOMCHI Master Crystologist and Usui Reiki Master.

Lorri Coburn, MSW, practiced psychotherapy for 25 years. She is author of *Breaking Free: I'm Going Home! How Forgiveness and A Course in Miracles Can Set You Free*.

Stefanie Cohen, Registered Somatic Movement Educator, teaches and performs throughout the U.S. She has facilitated Authentic Movement with groups and individuals since 1998.

Cynthia Conklin has been practicing shiatsu and related healing arts in Ann Arbor for 10 years. She is a longtime student of Kazuko Kuratomi and a graduate of the Ohashiatsu Institute.

Jean Cornell, RN, MA, MS, PhD in Holistic Coaching, is a Reiki Master.

Dorothy Ann Coyne has been a student and practitioner of yoga and meditation since 1971. Mother of four and grandmother of five, she is a certified Kripalu Yoga teacher and senior teacher of meditation for Deep Spring Center.

Judy Crookes is a conscious channel who brings through the energy of Jacob, who has the ability to love and empower people through group work, meditation, ceremony, and personal intensives. Jacob has written many articles and has been published in *The Sedona Journal of Emergence*.

Aditi Dave is a physician at the Univ. of MI and a teacher with the Art of Living, teaching effective techniques of stress management based on the breath.

Kristi Davis has an MA in Transpersonal Drama Therapy Studies with a specialization in Psychoneuroimmunology. She is a Registered Drama Therapist candidate, a holistic health educator, and a member of the Society for the Arts in Healthcare.

Christy DeBurton, RYT, has been teaching yoga since 1998. She has trained at the Omega Institute for Holistic Studies in New York and the Center for Yoga in Michigan.

Deep Spring Center for Meditation and Spiritual Inquiry is a nonprofit organization devoted to offering teachings of non-duality and the meditation practices that support those teachings. Barbara Brodsky is founder and guiding teacher.

Cathy DeLauter is an ordained Interfaith non-denominational minister and student and teacher of metaphysics since 1978.

Lalita Devi is the director of the Ayurveda and Well-being Center at the Sivananda Yoga Retreat, Paradise Island.She is the lead instructor for their Ayurveda certificate program.

Krista Dragun is a certified Birthing From Within mentor, mother, and birth and postpartum doula.

Jim Dreyer and Tim are volunteers with the Grass Lake Sanctuary.

Lama Karma Drodul became a monk when he was nine years old and, at 20, received both intermediate and full ordination. Lama Karma has completed two traditional three-year, three-month retreats and is author of *Amrita of Eloquence: A Biography of Khenpo Karthar Rinpoche*.

Kate Durda, MA, and **Stephanie Tigh**e, MSW, are shamanic practitioners who present workshops on shamanism in the U.S. and internationally. Practiced in many forms of cultural shamanism and graduates of the Foundation for Shamanic Studies, they also teach and have a healing practice. They have trained with Sandra Ingerman to teach Medicine for the Earth workshops.

Victoria Eaton and **Ellie Shonsky-Genovese** specialize in vibrational healing and guided meditation.

Dori Edwards has studied West African dance for 12 years with master dancers from Senegal and Guinea, and has travelled to and studied in Guinea.

Connie Lee Eiland has ten years experience as a shamanic practitioner and studied with Sandra Ingerman, Betsy Bergstrom, and Ana Larramendi.

Don Elwert is a writer, teacher, philosopher, and former bookstore operator and librarian for The Theosophical Society in Detroit.

Diane Evans has specialized in the areas of interpersonal and intra-personal communication for over 30 years. She has done intuitive/psychic readings and counseling since 1995. She maintains a private practice, offers intuitive/psychic readings in the Crazy Wisdom Tea Room, facilitates the Intuitive Heart Discovery Group Process, and works part-time at Crazy Wisdom Bookstore.

Linda Diane Feldt is a local author, teacher, and private practitioner since 1980. Her work provides an integrated approach to holistic health care, primarily utilizing cranialsacral therapy, polarity therapy, massage, and herbology, and has written three books.*?*

Bon Rose Fine, a student of astrology since 1993, offers consultations, teaches, lectures, and continues to learn about how the condition of the universe correlates to circumstances here on earth. She serves as president of SMART, a chapter of NCGR (National Council for Geocosmic Research).

Sandra Finkel, MPH, is manager of UM Cardiovascular Medicine at Domino's Farms Stress Management Services and is a stress management specialist with over 25 years teaching meditation and mind/body techiqnues. Sandra teaches group stress management classes and provides individual coaching and owned a life coaching business for nine years focused on corporate wellness.

Kathi Finney, a Reiki master, has extensive experience with meditation, crystal healing, intuitive healing, and women's empowerment with advanced training in Esoteric Healing.

Lori Fithian is founder and creator of Drummunity and has been facilitating drum circles and rhythm workshops since 1998. A student of the drumming tradition for 20 years, her teachers include Arthur Hull, author of *Drum Circle Spirit*, and Barry Bateman, co-founder of Heart Rhythms, a drum circle protocol for wellness centers. She has made a career out of her passion for building community by bringing people together to drum.

Jennifer Flowers is a Reiki Master and teacher since 2003, and is a massage therapist and mother of five children.

Christine Fodor 'Sheenadwah' is a Reiki Master and teacher, and an experienced facilitator of meditation and Emotional Body Healing, and Cranial Sacral Therapy. She is a wellness practitioner and spiritual, intuitive life coach.

Deb Foggio, owner of The Center for Integrative Well Being, is an intuitive life path consultant who uses her talents and experience in a variety of ways, assisting people in discovering, developing, and living lives of purpose and prosperity. She is also a Systemic Constellations facilitator and Bach Remedy consultant.

Marcella Fox, Master's degree in Social Work, studied shamanism in Peru, Canada, Hawaii, and the U.S. She is also a Reiki Master and certified in Hypnotherapy.

Background Information on the Teachers and the Centers

John Friedlander is an internationally acclaimed psychic, author, and teacher with degrees from Duke Univ. and Harvard Law School. He has studied with Jane Roberts in her Seth class and at the Berkeley Psychic Institute. His workshops are based on his book co-written with Gloria Hemsher, *Basic Psychic Development: A User's Guide to Auras, Chakras, and Clairvoyance*.

Erin Fry, RScP, is a volunteer at the Interfaith Center for Spiritual Growth.

Melanie Fuscaldo, LPC, NCC, is a life coach whose mission is to help individuals live their dreams and enhance their happiness using the wisdom of body, mind, and spirit.

Lorri Garber is a teacher of A Course in Miracles.

Bronwen Gates, PhD, is a joy coach and shamanic counselor. She is also a botanist, herbalist, and storyteller committed to helping you access more of your aliveness through teachings, consultations, and the Faerie Flowers essences she makes.

Gateways Center for Life Enrichment is a spiritual and holistic educational organization providing an eclectic variety of avenues with which to explore the body, mind, and spirit. The Center offers ritual and ceremony, workshops and seminars, and health oriented classes and services.

Pam Gee is a certified instructor, CPR trained, and has nine years teaching experience.

Gelek Rimpoche, born in 1939 in Lhasa, Tibet, has played a crucial role in the survival and transmission of traditional Tibetan Buddhism. He is among the last generation of Tibetan Lamas fully trained in Old Tibet, pre-1959. In 1988, he founded Jewel Heart, a Tibetan Buddhist Center, with chapters throughout the U.S., Malaysia/Singapore, and the Netherlands.

Jennifer Giacomelli received certification from Desert Institute of Healing Arts in Tucson, AZ in 1997. She worked at the world renowned resort/spa Miraval and become certified in Nuad Bo-Rarn Thai massage in Thailand. She now co-owns Tree of Life Cultural Arts Studio in Chelsea where she teaches dance.

Sam Carter Gilliam is an instructor for the Department of Speech and Drama at Trinity University in San Antonio, Texas, teaching speech, oral interpretation, and performance technique. She also partners as a visual artist with her husband in their theatrical scenic design company.

Ann-Margaret Giovino is a personal strength trainer and Certified Postural Alignment Specialist through Egoscue.

Curtis Glatter is an accomplished local musician with a range of backgrounds and skills who believes in the healing power of music.

Nanette Glencer, MS, Ed, has over 20 years experience as a parent educator, coach, and consultant. She was recognized by the State of Michigan as Outstanding Educator of the Year and speaks at many conferences and universities.

Ray O. Golden, MSE, Reiki Master, founder of Center for Intuitive Health, teaches Reiki, energy healing, and intuitive development classes for people and animals. He has studied psychic development for over 25 years, and has also studied quantum reflex analysis, enersense, Reiki jin-kei-do, esoteric healing, nutrition, touch for health, channeling, shin ji, and zero point process therapy.

Jocelyn Granger is director and founder of AAIMT. Since 1982, she has had extensive training in various massage modalities, including Myofascial Therapy, Neuromuscular Therapy, and Sports Massage, and instructs advanced courses across the country.

Great Lakes Center for Healing Touch student training clinic is a nonprofit organization dedicated to providing the benefits of Healing Touch to the community at a reasonable rate and assisting students of Healing Touch to become practitioners.

Alice Greminger has been empowering people with Alexander Technique since 1984. Her movement background includes ballroom dance, Tai Chi, and cello performance.

Alice Greminger has been empowering people with Alexander Technique since 1984. Her movement background includes ballroom dance, Tai Chi, and cello performance.

Elaine Grohman is a Certified Healing Touch Practitioner, an Associate Polarity Practitioner, an Angel Therapy Practitioner, and the developer and teacher of Sacred Geometry & Energy Medicine. She has an active private practice, and teaches at and is involved with both U of MI and Wayne State University's medical schools to help those in medicine understand Energy Medicine.

Bishop Thomas Gumbleton is a renowned peace activist.

Carol Gurney is founder of The Gurney Institute of Animal Communication in Agoura, California. She conducts over 50 workshops annually throughout the country and overseas.

Su Hansen is a certified Enneagram teacher in the Narrative Tradition, a psychotherapist, and founder of The Enneagram Center of Ann Arbor.

> Your sacred space is where you can find yourself again and again.
>
> - Joseph Campbell

Patty Hart is owner and yoga instructor at Every Body Happy Yoga and is a volunteer at Grass Lake Sanctuary.

Craig Harvey has been leading peace meditations and world healing vigils since 2001.

Cindy Haas is a graduate from the Ann Arbor Institute of Massage Therapy and has been teaching Raindrop Therapy for a number of years, which includes her knowledge of aromatherapy.

Mark Handler is a Tibetan bowl master, voice teacher, and certified Amrit yoga teacher. He has studied with Yogi Amrit Desai, Deepak Chopra, and Tashi (the Dalai Lama's former chant master).

Nirmala Nancy Hanke is a longtime meditator and teacher of meditation at the Lighthouse Center in Whitmore Lake. She is a psychiatrist who integrates meditation, Reiki healing, and other spiritual practices with psychotherapy.

Patty Hart is the owner and instructor at Every Body Happy Yoga and is a volunteer with Grass Lake Sanctuary.

Linda Simran Harvey is certified in Quantum Energetics Disciplines.

Elizabeth Hazel is an astrologer, tarotist, and writer. She is the author of *Tarot Decoded* and *The Whispering Tarot*, and writes several astrology columns, including Astro-Spell for *Witches and Pagans Magazine* and the popular *Third Rock Almanac* weekly horoscope column.

Raksha Penni Helsene is a Reiki Master and teacher, and ordained spiritual minister.

Sierra Hillebrand, MA, TLLP, is a psychotherapist, midwife, and educator dedicated to helping people access their deepest strength and wisdom as they face challenges and life transitions, and has provided clinical services to women and their families since 1997.

Geoffrey Hoebbel is a medieval astrologer, teacher, writer, and lecturer who studied under the incomparable Latinist, medieval scholar, and astrologer Robert Zoller. Geoffrey is also a Licensed Massage Therapist, crystal healer, Reiki Master, and amateur musician who plays several instruments.

HomeGrown Agritours: Sustainability in My Back Yard (SIMBY) has experience organizing and leading groups to area farms, working with farmers and customizing programs for consumers, and encouraging farm-based education. Their mission is to promote direct producer-consumer relationships, improving both farmers' financial health and consumers' physical health.

Maribeth Howell, OP, a Dominican Sister of Adrian, is presently a Professor of Biblical Studies at Aquinas Institute in St. Louis, Missouri.

Huron Valley Aikikai is a community of martial arts practitioners who have been training continuously since 1988.

Karen Husby-Coupland of Harmony Yoga of Ann Arbor is a certified Iyengar Yoga teacher. She has taught since 1999 and has been practicing yoga since 1993.

Rev. Lela Iduna is a priest in the mystical Christian order called Order of Christ Sophia. She has been serving the Ann Arbor and Lansing communities for over three years while maintaining a full time practice as an Emergency Medicine Physician.

Indigo Forest: Holistic Family Center in Ann Arbor provides one-stop support through classes and prodcuts that nurture healthy pregnancies, parenting, and lifestyles.

Intelligent Exercise is a local fitness studio with expertise in Pilates, yoga, personal training, and other modalities. Each trainer is committed to meeting or exceeding clients' needs and personal goals.

Interfaith Center for Spiritual Growth is a New Thought congregation.

Inward Bound Yoga is a seasoned community of trained, experienced, longtime yoga instructors who teach at Friends Meetinghouse in Ann Arbor.

Molly Jarin is a physical therapist in Ann Arbor and a volunteer with Grass Lake Sanctuary.

Dale Jensen, Guild Certified Feldenkrais Practitioner, is committed to helping people move better, think better, and feel better using the Feldenkrais Method of somatic education.

Maret Johnson, RN, is a fellow traveller on the journey of mind, body, and spirit, exploring chakras and other alternative healing methods through continuing education and interaction with other travellers.

Mary Ann Johnston is a teacher of spiritual living, breathwork, and healing.

Karen Jones is an occupational therapist trained in mental health and physical disabilities, and is an educator on health and healing.

Sandi Jones has taught hatha yoga and meditation in the Golden Lotus style for over 20 years.

Eleni Kelakos is a motivational speaker, presenter, life coach, and actor who motivates people to live their dreams.

Dale Kenney spent 15 years as a healer at Wind River Indian Association in Wyoming and is a massage and body therapist specializing in healing trauma victims.

Karen Kerns is a Registered Polarity Practitioner and educator.

Jillian Kerry is a twice-certified Life Coach through Coach Training Alliance and Parent and Coach Academy, and also a certified NCGR Level 2 astrologer.

Shala Kilmer teaches development classes, offers private readings for an international clientele, and hosts an internet radio show.

Teachers, Lecturers, Workshop Leaders and the Centers

Sang Kim is a Chi-Gong healer and teacher of Tai Chi as a martial art with 20 years experience.

Martha Kimball, CSW, ACSW, BCD, has specialized training in mindfulness meditation, family systems, and Logotherapy, and was a clinical medical social worker for over 20 years at UMHS. She continues to teach meditation classes and see clients in private practice.

Rev. Susan King, D.Min. is a volunteer minister at the Interfaith Center for Spiritual Growth.

Carole Kirby, LMSW, specializes in couples counseling with 30 years experience as therapist, coach, and inspirational teacher. She is a certified Imago therapist and workshop presenter, and also sees individuals and families.

Robert Koehler is an award-winning Chicago-based journalist and nationally syndicated writer.

Rev. Annie Kopko is a volunteer minister at the Interfaith Center for Spiritual Growth.

Mary Kozonis received her Masters in Social Work from U of MI in 1973. She has dedicated the majority of her career to medical social work at the U of MI Hospital, working in a variety of areas including Neurology, Cardiology, and Pediatrics. She has extensive experience in group facilitation and individual counseling.

Dave and Pat Krajovic, founders of The Global Breath Institute, are Certified Transformational Breath Facilitators and Senior Trainers, and are Nationally Certified Massage Therapists with training in Craniosacral Therapy, Pranic Healing, and Esoteric Healing.

Adam Kripke is a tea connoisseur.

John Kroneck received his training through Reiki Plus Institute and began teaching Reiki in 1990.

Rajiv Kumar is an Usui Reiki Grand Master and teacher, Ayurvedic practitioner, and Su-Jok acupressure therapist, registered in India as MD of Acupressure.

Susan Lackey is the executive director of Legacy Land Conservancy.

Jim Larsen is an International Art of Living teacher who has taught meditation for over 35 years.

Jack Lawlor is a dharma teacher from Lakeside Buddha Sangha in Evanston, Illinois.

David Leavitt is an Integrative Psychiatrist with Michigan Integrative Psychiatry and is a volunteer with Grass Lake Sanctuary.

Christine Leigh has been providing insight through the medium of The Golden Dawn tarot deck for over 30 years and offers guidance to assist in personal growth and perception.

Ron Leinweber is a retired English teacher with a BA in spiritual studies. He is a commissioned spiritual director and trained meditator.

Rev. Kristyne Lemerand is an ordained minister who has worked with small groups of students and adults, leading discussion, meditation, and drum circles.

Leo Leo, PhD, is an entrepreneur/businessman who has travelled extensively and began studying the application of astro cycles to economies and markets over 10 years ago.

Frank Levey is a certfied Transformational Breathwork facilitator. He is also a meditation instructor and nature/wilderness skills educator through his Blue Turtle Nature Camp in Ann Arbor.

Mary Light, ND, MH, is the founder of Gaia Center and Naturopathic School of Ann Arbor and has worked with clinically and created flower essences since 1980. She is a naturopath and master herbalist with 20 years clinical experience.

The Lighthouse Center in Whitmore Lake is a nonprofit spiritual organization devoted to meditation and ahimsa, loving in peace with all beings. The Center makes monthly donations to others in need, including the Whitmore Lake Health Clinic and Sasha Farms in Manchester.

Ellen Livingston has been thriving on a raw vegan diet for eight years and has extensively researched the areas of disease avoidance, health creation, and nutrition. She is a registered yoga teacher.

Rev. Thomas Lumpkin is facilitator of Dorothy Day House in Detroit.

Sara Martens is the Admissions and Academic Coordinator at AAIMT and also a graduate.

Martial Arts Advantage: Ann Arbor's Family Fitness and Martial Arts Center trains people of all ages in a teaching form of Ninjutsu known as Ninpo Taijutsu, emphasizing natural movement and realistic responses to attacks.

Debbie Mast, MSN, RN, of Flowering Tree Lodge, incorporates wisdom from both western medicine and shamanic traditions in her international work as a teacher and ceremonialist.

Deborah Mattison received her Masters in Social Work from U of MI in 1981 and has focused her career as a medical social worker in the areas of chronic illness, palliative care, grief and loss, group work, and integration of spirituality in social work practice. She provides social work services and counseling to patients and their families as part of the Palliative Care Consultation Service at the U of MI Health System.

Wendy Mauntel is a holistic health care practitioner.

Tiffany Mazurek is a licensed Social Worker and Nationally Certified Massage Therapist who has a private practice providing psychotherapy, massage therapy, and craniosacral therapy.

Barb McConnell, LPN, CHTP/I, is a Licensed Practical Nurse, Certified Healing Touch Practitioner, and Instructor for Levels 1 and 2, with a private practice in Grass Lake. She has over 30 years experience in clinical, industrial nursing and industrial management.

Jane McLaren is a Systemic Constellation Facilitator, Licensed Avatar Master, and energy healer.

Edwin McLeod is the author of *Feed the Soil* and currently teaches high school biology. He has been gardening for over 30 years.

Lynn McMullen is executive director of the Peace Alliance.

Gary Merel is owner and practitioner of Acupuncture Center of Ann Arbor and is a volunteer with Grass Lake Sanctuary.

Michigan Friends Center in Chelsea seeks to promote environmental stewardship and social justice.

Marilyn Migliore, MS, RD, ACSW, BCD, is a registered dietician and board certified diplomat in clinical social work who has treated a wide range of patients struggling with eating and weight disorders for more than 30 years.

Vanda Mikoloski has been a waitress, initiate of an esoteric mystery school, drug addict, drunk, mainstream comic, transformational course leader, and yogini. She toured with the Dixie Chicks as their yoga guru, and has performed at comedy clubs around the country.

Richard Miller has studied under Gao Dao Shan in Taiwan, Adam Hsu in San Francisco, and He Jinbao in China, and has over 30 years training.

Joanna Mills is a photographer, gyrotonics practitioner, and volunteer with Grass Lake Sanctuary.

Alice Mixer is a social worker and certified Enneagram teacher in the Narrative Tradition.

Deborah Monty, RN, has been a pediatric nurse both in hospital and outpatient settings for over 32 years. She is the mother of four children.

Kathleen Moore is a voice teacher, Board Certified music therapist, creativity counselor, and singer/songcatcher.

Shuna Morelli is an upbeat and entertaining instructor who is known for her clarity and ability to teach in a way that makes learning new concepts easy and enjoyable. Shuna has been a kinesiology and massage skills instructor in Oregon and Washingon for nine years and has taught high school anatomy and biology for 18 years in Michigan, Guam, and Oregon.

Rev. Charles Morris is pastor of St. Elizabeth and administrator of St. Patrick, both in Wyandotte.

Annette Mullett, MD, completed her residency in Emergency Medicine in Akron, Ohio. After practicing traditionally for 15 years, she has devoted the past eight years to learning other healing modalities. She is certified in feng shui and qigong, and is a holistic health consultant.

Rev. John Mundy is the author of eight books, presenter of over 1,800 talks on A Course in Miracles, and publisher of *Miracles* magazine. He was mentored by Helen Shucman, the scribe of A Course in Miracles and was co-founder of The New Seminary in New York City.

Joanna Myers, GCFP, MM, has been teaching Feldenkrais classes and workshops since 2002. In her private practice, she combines the Feldenkrais Functional Integration method with energy healing, core transformation, and flower essences.

Tahnahga Myers is a Mohawk and Taino woman who uses Earth-based knowledge to help others connect with the healing path of the natural world.

Irena Nagler is a director and performer with Nightfire Dance Theater and has facilitated community dance events since 1987. As a student and lover of earth energy and mysteries, she has been practicing intuitive readings since childhood and has recently begun to offer them professionally.

Ramesh Narula, BS, ME, MBA, has taught transformational workshops in 12 countries.

Thomas Daniel Nehrer is an author, lecturer, traveller, and spiritual adventurer.

Sondra O'Donnell, RYT 500, is a certified Registered Yoga Teacher and Yoga Therapist, and runs the Sun Moon Yoga Teacher Certification Program recognized by the Yoga Alliance.

Heather O'Neal leads customized tours trekking and exploring in the Himalayas in Nepal. Her Ann Arbor based company is called Of Global Interest Adventure Travel.

John Orr is a former Theravadin Buddhist monk who spent eight years in monastic training in Thailand and India. He has been teaching meditation since 1979, and lives in North Carolina where he does transpersonal counseling and teaches at Duke University.

Glenn Pailthorp is a clairvoyant trained in spiritualist and shaman traditions, and has been certified in hypnotherapy and NLP for 17 years.

Nicole Paquin, CTN, is a graduate of and instructor at the Naturopathic Institute of Therapies and Education in Mt. Pleasant. She is nationally certified by the American Naturopathic Certification Board and especially enjoys working with families as a naturopath.

Craig Parian, certified Shiatsu/Shin Tai practitioner, is in private practice as Evolving Shiatsu. He is a graduate of the International School of Shiatsu and currently Shiatsu instructor at The Ann Arbor Institute of Massage Therapy, with a healing practice of Shiatsu/Shin Tai, central channel clearing, structural alignment, sound healing with Himalayan Bowls, and diet and lifestyle coaching.

Felix Paulick, MSW, MBA, is a clinical social worker and life coach specializing in helping men with depression, anxiety, addiction, and relationship issues.

Jim Pero, ERYT 200, facilitates teacher training programs, workshops, and yoga classes in Southgate with almost 20 years experience.

Background Information on the Teachers and the Centers

Questions for Tahnahga Myers about her Native American Ancestral Teachings

Jonathan Ellis: Tahnahga, I know you have tribal connections both in the Northeast and the Midwest. Can you tell us about your ancestral background?

Tahnahga Myers: I was born a Taino, Bear Clan Mohawk woman in upstate New York. For 23 years, I have worked with various elders throughout the Midwest and Northeast. These teachings are based in Mohawk and Anishinabe cultural ways of life that encompass the understanding that all things are interconnected. Through this understanding one begins a journey of reverence for self and all life forms. I am an activist for the on-going of the people.

Jonathan Ellis: You have moved to Ann Arbor and are offering Native American wisdom teachings to both individuals and groups. Can you tell us about that?

Tahnahga Myers: When I meet with individuals or groups, I support them to reconnect with the sacredness of place and nature that provides an antidote to the psychic pain and isolation so pervasive in present life. I use hands-on environmental experiences to enable individuals to cultivate a deeply personal relationship with the Universal Circle of Life while learning to quiet internal distractions.

Tahnahga Myers

"I teach how to live each day as a blessing and how to experience the gift of another breath, another day of life. I call this approach, *One Mind, One Heart, One Spirit, One Soul.*"

JE: What might bring people to work with you?

Tahnahga Myers: I can guide people to feel more rooted in their ongoing life journey. I help folks cultivate their ability to speak, live and honor their Truth in alignment with their life purpose. I am committed to sharing with others how a spiritual way of life does not have to be bound by dogma. I teach how to live each day as a blessing and how to experience the gift of another breath, another day of life. I call this approach, "One Mind, One Heart, One Spirit, One Soul."

JE: Can you give us some examples of what might happen in individual sessions with you?

Jan Phillips is an award-winning photographer, multimedia artist, and author of *God is at Eye Level*, *Marry Your Muse*, *Diving the Body*, and *The Art of Original Thinkin*g. She was co-founder of Syracuse Cultural Workers.

Terri Pickett is a Certified Birthing From Within Instructor, clinical social worker, and mother of two children.

Sandie Pierce holds a certificate in Level I Yoga through YogFit.

Ellen Porter, M.Ac., L.Ac., Dipl. Ac. (NCCAOM), is a nationally board certified Five Element Acupuncturist.

Carolyn Putney is Acting Deputy Director and Curator of Asian Art at Toledo Museum of Art.

Quest Martial Arts instructors help students learn in a safe environment while having fun, emphasizing the student's development through both physcial skills and life skills.

Mara Radzvickas is a longtime student of esoteric thought as expressed through the great religions, poetry, and mythology with a particular interest in quantum theory. She is a board member and past president of The Theosophical Society in Detroit.

Anuja Rajendra is creator of BollyFit, the fitness through dance sensation illuminating America. She is a trained dancer, choreographer, and magnetic motivational speaker.

Deborah Reble is a licensed psychologist with expertise in the areas of individual and relationship counseling. As a therapeutic intuitive, she specializes in energetic healing and meditation, and guides people on their pathway toward personal transformation.

Ita Reyes, CYI, has been practicing yoga for seven years.

Barbara Robertson, is the director/owner of The Breastfeeding Center of Ann Arbor. She is a board certified Lactation Consultant and breastfeeding educator who loves working with moms and babies, helping them with breastfeeding challenges in whatever ways she can.

The Rudolf Steiner Health Center is a 501 (c)(3) non-profit organization located in Ann Arbor.

The Rudolf Steiner School of Ann Arbor offers pre-K through 12th grade education in the Waldorf tradition. RSSAA strives to educate the whole child, integrates the arts and academics, and awakens a lifelong love of learning through creative play and a developmentally appropriate approach to education.

Barbara Boyk Rust, PhD, has practiced psychotherapy in Ann Arbor since 1989. Her training includes the study and practice of spiritual traditions and healing modalities. She has taught classes and offered healing ceremonies for life transitions and healing for individuals, families, and communities for 25 years.

Sally Rutzky holds an Introductory yoga certificate and has taught for 27 years.

Sue Salaniuk holds a Junior Intermediate III yoga certificate and has taught for 21 years.

Judy Sauer, author of *Footloose and Gluten-Free*, has been guiding people through dietary transitions associated with food allergies for over six years.

Janet Schaeffler, OP, a Dominican Sister of Adrian, has been engaged in the field of education and in leadership positions in Religious Education and Adult Faith Formation and has authored publications on topics of faith formation, parish ministry, and family life.

Bill Schafer, PhD, is a clinical psychologist, certified Enneagram teacher in the Narrative Tradition, and author of *Roaming Free Inside the Cage: A Daoist Approach to the Enneagram and Spiritual Transformation***.**

Teachers, Lecturers, Workshop Leaders and the Centers

Tahnahga Myers: I first ask individuals to define their meaning of a spiritual path, what are their needs, wants and desires of this journey. After a first session, I might give them an assignment such as spending time walking in nature to smell, hear, touch and feel the trees, the wind, to feel the ground, the soil, the grass, then lay down on the ground and look up at the sky and passing clouds. The purpose behind this is to help the individual to begin the journey of silence within, to open their heart space and quiet the mind.

> "I lead workshops in building Mound gardens and designing medicine wheel gardens, as well as on making a relationship with the tall ones, the trees."

JE: Many of your programs for groups also take place outdoors.

Tahnahga Myers: These are guided explorations of self and spirit that include an inner journey through outdoor activities, reconnecting with Spirit through our relationship with the environment and each other, including reflection and integration time. From this place of balance comes an awakening of our inner spirit.

For instance, one workshop theme is the fire within, understanding fire and our ancient relationship, fire as the origins of life, fire as birth and reformulation, fire as our spiritual path.

In groups, I work to encourage a sense of awareness that you are not alone, that you are part of the web of life, and what happens to one happens to all of us. I lead workshops in building Mound gardens and designing medicine wheel gardens, as well as on making a relationship with the tall ones, the trees. Through these kinds of experiences, a person will learn how to work through their fear and doubts about being with self.

You have served as an independent consultant and trainer to local and national agencies throughout the U.S. How did you come to be doing that work?

Tahnahga Myers: In 1991, I created the Tree of Peace, a non-profit organization dedicated to helping native women, youth, and communities. From that work, I went on to offer counseling, training, program development, restorative justice and group facilitation for Native American and non-native communities around the country.

Another focus for you has been preserving Indigenous heirloom seeds.

Tahnahga Myers: Native American heirloom seeds hold the key to life; without it there would be no life, no on-going of the people. Because these are heirloom seeds, they hold sustenance to nourishing one's life. When you are holding 800 year-old seeds in your hand, once again they are in the world. How do I plant these seeds, how do I nurture these seeds, what do these seeds need to live and grow. What happens is, the seeds teach you how to nurture them, as we learn to nurture ourselves.

You are also a performing artist and have written and produced plays and given poetry and storytelling readings. What is involved?

Tahnahga Myers: My plays bring together many different art forms - painting, beadwork, traditional dance, poetry, music and audio art. The plays express the balance, harmony and inherent responsibilities of the spirit in today's world. My poetry and storytelling explores the cycles of life, and reflects my Native American spirituality remembered through vision and dreaming.

You will be adding your particular ancestral teachings to the wonderful pool of wisdom offerings in Ann Arbor that have come from many places around the world. Your own traditions are of course "native" to this land.

Tahnahga Myers: I do find in other cultural teachings similarities with my own traditions. The ancestor spirits are so alive here in part because so many different wisdom teachings are now represented in this area around Ann Arbor.

> Tahnahga Myers is leading a number of workshops that are listed in the Calendar. Her *Healing the Elements in Ourselves* workshop can be found in the 'Spiritual Development' section. Her *Healing the Fire Within* workshop is in the 'Native American section'. Her *Healing Our Relationship with Plants* is in the 'Herbs' section.

Anything else you'd like to add, Tahnahga?

Tahnahga Myers: Now that I live in Ann Arbor, I have begun to offer individual sessions as well as group workshops locally, under the name, "In the Hands of the Ancestors." (*Tahnahga Myers can be reached at 734 730-9950.)*

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Natasha Schaffer is a certified Yoga Meets Dance facilitator and has been teaching, dancing, and practicing yoga for 12 years. She leads Yoga Meets Dance journeys to share her love of movement, music, and fun with students of all ages and abilities.

Howard Schubiner is board certified in pediatrics, adolescent medicine, and internal medicine and is the director of the Mind Body Medicine Center at Providence Hospital in Southfield. He is a Clinical Professor at Wayne State University School of Medicine and is a fellow in the American College of Physicians, the American Academy of Pediatrics, and the Society for Adolescent Medicine.

Self Realization Meditation Healing Centre, founded by Mata Yogananda Mahasaya Dharma, is a 501(c)(3) Nonprofit near Lansing. Its aim is to support those struggling or suffering in life on any level, and to assist those who seek inner knowledge and personal growth in the pursuit of peace, health, and happiness.

Elizabeth Shadigian, MD, is a board-certified OB/Gyn, teacher, researcher, and consultant specializing in the safety and well being of women. She founded the Battered Women and Children's Memorial Garden and recently opened her private practice, WomanSafeHealth.

Sarah Sharkey, OP, a Dominican Sister of Adrian, is faculty member at Oblate School of Theology in San Antonio, Texas, where she teaches scripture.

Judy Shepard 'SoHum' is certified in hypnotherapy, EFT, and Reiki, and is a student of meditation.

Mary Shields, PhD, is an NCBTMB approved provider who brings more than 16 years of teaching experience to her BodyTalk classes.

Vijayalaxmi Shinde is a scholar of both Eastern and Western traditions in palmistry. She is available for readings and guidance relating to birth traits, aptitudes, career, relationships, business, wealth, and well-being, as well as all other aspects of life.

Marina Sionov is a longtime student of Buddhist thought and practice as well as the theosophical teachings of H.P. Blavatsky. Marina oversees the bookshop and library of The Theosophical Society in Detroit, as well as serving on the Board of Directors.

Missy Siudara is 4th Degree Black Belt in Shorin Ryu Karate.

SMART is Southeast Michigan Astrologers' Round Table, a chapter of National Council for Geocosmic Research. This group of astrology students and professionals have been meeting since 1994, and use their association for networking, engaging speakers, and discussing matters of concern and interest to astrologers.

Lynette Smith began studying yoga in 1978 and started teaching in 1985. Her continual studies in the spiritual focus, along with the therapeutic aspects of yoga practice, inform and enliven her teaching style. She offers gentle yoga at The Wellness Community, emphasizing our ability to listen to our bodies and to have fun in the experience of learning new ways to stretch and strengthen ourselves.

Jessica Snyder is an Ayurvedic practitioner and massage therapist and currently practices in Ann Arbor. She recently spent four months in Nepal offering free Ayurvedic health camps in villages.

Spirit Weavers is an organization dedicated to providing experiential training in shamanism and offering shamanic healing, locally and long-distance.

Jaminda Springer has been working in child care and education for over 18 years. She manufactures and sells baby carriers and slings through her company Nato Bello.

Ema Stefanova, owner of Ann Arbor Yoga and Meditation, is a yoga and meditation master, accomplished yoga therapist, and trainer since 1979. She guides and inspires in all aspects of holistic, therapeutic, and spiritual yoga and belongs to the world renowned Satyananda Yoga lineage. She offers yoga and meditation classes, and education programs for yoga teachers and therapists.

Background Information on the Teachers and the Centers

Gari Stein, educator and consultant since 1966, is owner and director of Music For Little Folks for children birth to age eight and their families. She is an active member of the early childhood community with degrees in Child Development and Dance, and is the author of *The More We Get Together: Nurturing Relationships through Music, Play, Books, and Art*.

Judith Stern, MA, PT, is a certified teacher of the Alexander Technique and physical therapist from New York. She has 40 years clinical experience as a physical therapist with the last 20 years devoted to teaching the Alexander Technique in the U.S., Europe, and Israel.

Kate Stroud is a certified birth doula, certified massage therapist, and mother of two children. She has been working with pregnant women and their families since 2000. Kate is founder and editor of The Birth Project magazine and is a certified childbirth educator and doula trainer at the Center for the Childbearing Year.

> I have found that among its other benefits, giving liberates the soul of the giver.
>
> - Maya Angelou

Elizabeth Sullivan began Jyotish studies in 1998 and holds Level I Certification through American College of Vedic Astrology.

Mary Tillinghast has received extensive hands-on training while working with Dr. Lev Linkner in his medical practice. She has managed Castle Remedies for over 25 years and is the mother of four grown children raised on homeopathy.

Judy (Nur-un-nisa) Trautman is an ordained Sufi Cheraq (minister of Universal Worship) in the Sufi Ruhaniat Order and a certified leader of the Dances of Universal Peace with dance groups in Ann Arbor and Toledo.

Jody Tull is a Sivananda Yoga instructor with 21 years teaching experience. She leads annual international retreats, offers yoga and singing workshops, and is owner of Be in Awe.

Nancy Udow holds an Introductory yoga certificate and has taught for 13 years, and has a background in dance.

Karen Ufer is a certified Iyengar yoga teacher with 30 years practice and 20 years teaching, and is owner of Yoga Focus in Ann Arbor.

Natalia Vail was raised in Russia and has been enamored with dance since the age of six, and has performed dance professionally in Moscow, England, Canada, and the U.S.

Susan Van Baalen, OP, serves as consultant on Muslims in American Prisons and as an ECOSOC NGO representative. She formerly had a ministry career in prison chaplaincy.

Lynn Vaughn, PhD, LP, has 24 years experience as a psychotherapist and eight years experience evaluating the elderly, and is a published author and poet.

Sher Vettraino, BA, has been a Medical Massage Therapist for over 23 years and runs the Medical Massage Institute of Ann Arbor. She has been a yoga practitioner since 1991.

Violeta Viviano is a teacher in John Friendlander's system, working with him for close to 20 years, and has a Bachelor's of Science from Wayne State University.

Becky Vogel is a master herbalist who has studied at the School of Natural Healing.

Cam Vozar, LMSW, LMFT, is a psychotherapist in private practice who has worked with men and their families for over 20 years. He has led and participated in numerous men's groups and is a Level II EMDR certified therapist.

Bapak Waleed "Leonardo Stoute" has dedicated over 30 years to the study, sharing, and promotion of the traditional arts of the Minangkabau people of West Sumatra, which include movement, dance, martial arts, music, therapy, self-defense, and natural healing.

Shannon Walter is a local yoga instructor, RYT, who teaches at Sun Moon Yoga Studio and an Ayurvedic Practitioner.

Merri Walters, an Ann Arbor-based flower essence maker, is one of the founders of Great Lakes Sacred Essences. She has practiced as an intuitive holistic healer for 30 years.

Joseph Wang has been a Tai Chi instructor at the Ann Arbor Public Schools Rec & Ed and the Meri Lou Murray Recreation Center for the last five years.

Wendy Warrick is an interior designer and feng shui practitioner. She has taught many gourmet and health-related cooking classes and is a volunteer with the Grass Lake Sanctuary.

Rev. Jay Rinser Weik and **Rev. Karen Do'an Weik** are ordained Soto Zen Priests.

Lou Weir has been doing "inner critic" work for more than ten years in the Ridhwan School's Diamond Approach to Realization and is currenly in their seven-year teacher training program. He has been a meditation student for over 15 years and works as an attorney in Brighton and Ann Arbor.

The Wellness Community in Ann Arbor aims to help people with cancer and their loved ones enhance their health and wellbeing through participation in professional programs of emotional support, education, and hope.

Tamara Wendt is the volunteer coordinator for the Grass Lake Sanctuary.

Christia West, BS, NCTMB, is a graduate of AAIMT and instructor, and has practiced massage therapy since 1999 in a thriving private practice.

Ian White, an Australian flower essence maker, is the founder of the Australian Bush Flower Essences. A naturopathic healer for 30 years and an author, Ian travels the world teaching about natural health and vibrational medicine.

Suzy Wienckowski, Reiki Master, Registered Massage Therapist, has 29 years experience in the healing arts. Reiki has been the focus of her work since 1993. She teaches the traditional Usui System of Reiki Healing and is a member of The Reiki Alliance.

Joshua Wilde has been studying tarot for 20 years and has been giving readings professionally for over a decade. He is a student of transpersonal psychology, Jungian analysis, astrology, palmistry, and all things occult. He is also an accomplished juggler and magician, and works part-time at Crazy Wisdom Bookstore.

Ann Willits, OP, a Sinsinawa Dominican, was director of the PARABLE Conference for 21 years, which provided her with the opportunity to work with all branches of the Dominican family around the world, and is an itinerant preacher.

Eve Wilson has been a full time healer and trainer of healers since 1986. She is director of The Healer Development Program since 1986 and is a naturally gifted intuitive healer, able to perceive the body's aura clearly, interpret information it holds about a person's life and health, and to work with beings of unconditional love to resolve issues on all levels.

Ryan Wilson is Headmaster at White Crane Michigan.

Sally Wisotzkey, MSW, and **Carole Lapidos**, MSW, are co-founders of Raising Strong and Confident Daughters.

Julie Wolcott, MA, CSW, LPC, has practiced in the fields of counseling and psychotherapy for over 40 years. She is a Licensed Professional Counselor and a Certified Social Worker, Phoenix Rising Yoga Therapy Practitioner, Kripalu Yoga Teacher, and a Certified Transformational Breath Facilitator.

Chris Wucherer, LMSW, ACSW, is a psychotherapist and life and business coach with 28 years experience helping people create better lives.

Yoga Serves is a group of local yoga teachers and practitioners who know that yoga serves on many levels, creating community through the fun of serving others together.

Wasentha Young is a Master and scholar in the art of Tai Chi Chuan and Chi Kung, and received formal instruction in Taoist and Buddhist meditation. With over 42 years experience in her field, as a scholar she has nationally lectured and educated on the benefits of TCC, Chi Kung, and meditation as it relates to human emotional, spiritual, and physical well being.

Ann Zalek, BS, NCTMB, CEIM, is a certified educator of infant massage, certified educator of Dunstan Baby Language, a nationally certified massage therapist, and a Third Degree Reiki Master/Teacher at TheraCare Therapeutic Massage and Healing Arts Center in Ann Arbor.

Christy Zarek is a graduate of AAIMT and has practiced massage for over five years. She has had extensive training in the art of Stone Therapy and is Nationally Certified through the NCBTMB.

Karlta Zarley, RN, CHTP, has 30 years experience in preventative and holistic nursing care and is a Certified Healing Touch Practitioner. She has been in private practice for 12 years in the Ann Arbor area as a professional healer and educator, providing spiritual direction, energy work, and colored light therapy.

Zen Buddhist Temple of Ann Arbor is led by resident priest Ven. Haju Sunim. Its yoga instructors were trained by the Sivananda Yoga Organization and combine that experience with meditation training.

If you would like to hold an event,

teach a class,

bring an author to town,

give a lecture,

demonstrate your bodywork skills,

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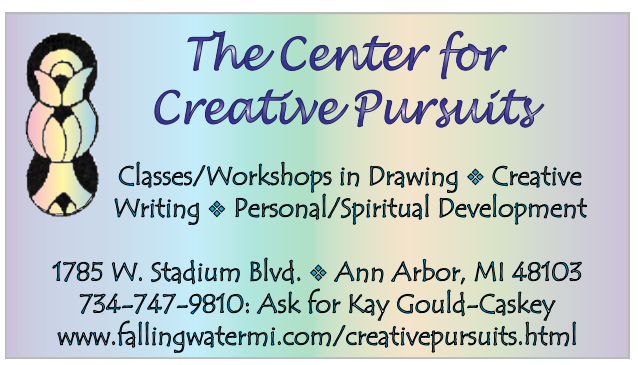
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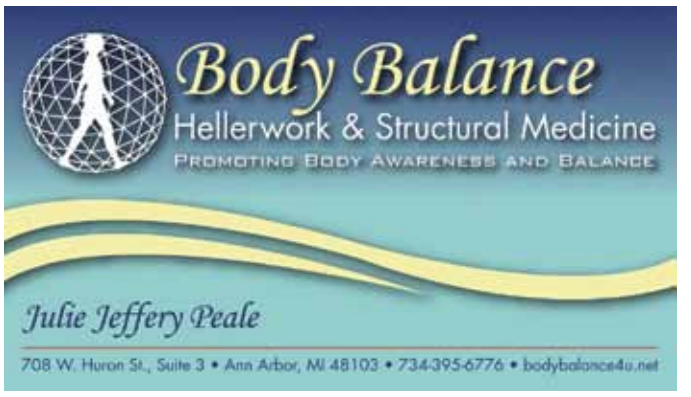
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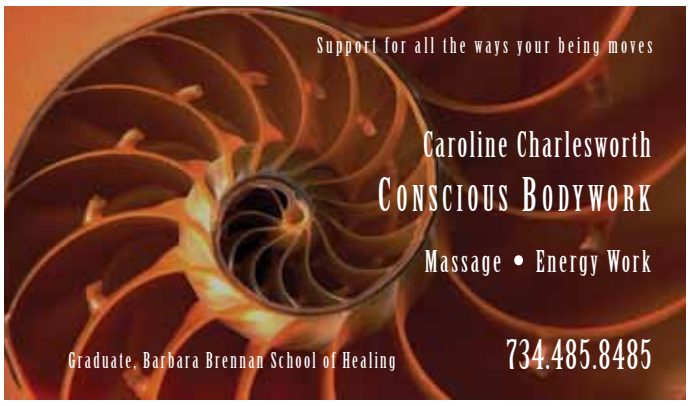

Char Hatlen RN, CHTP
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Nationally Certified Massage Therapist
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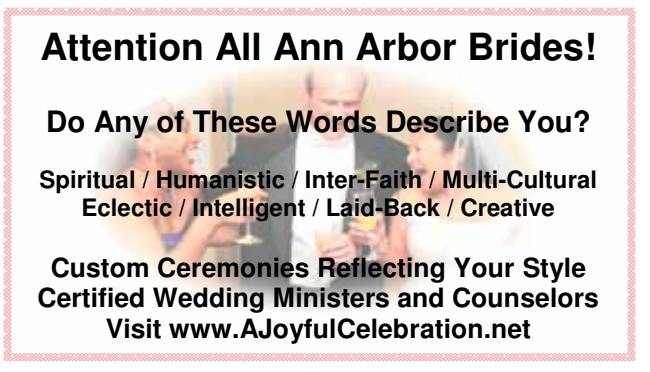
Celebrations & Ceremonies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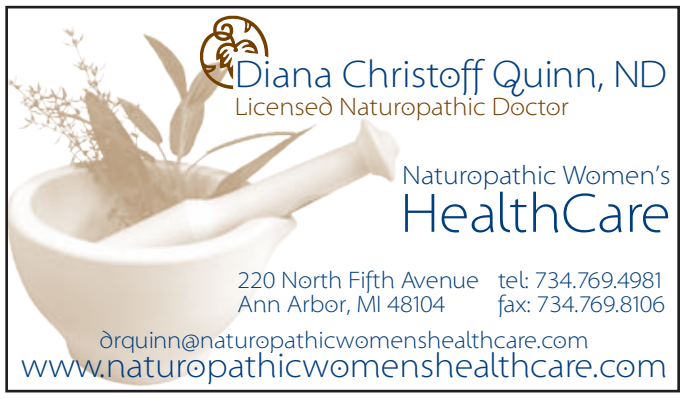

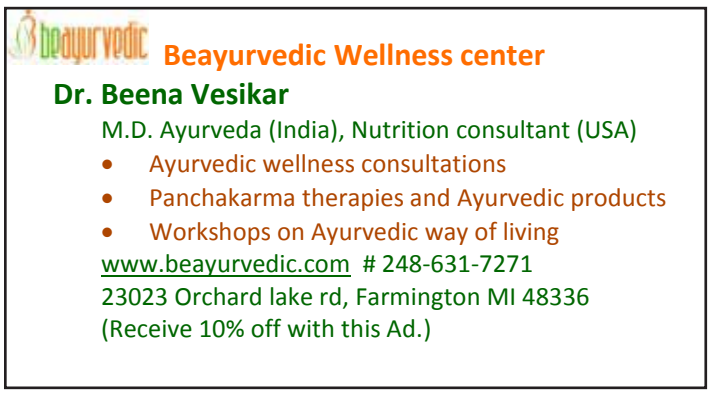
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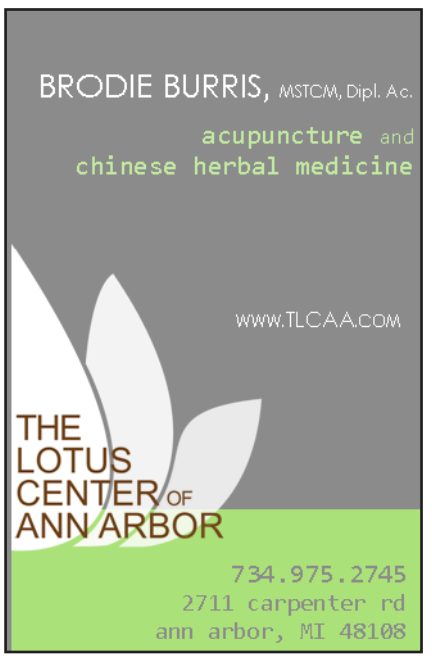
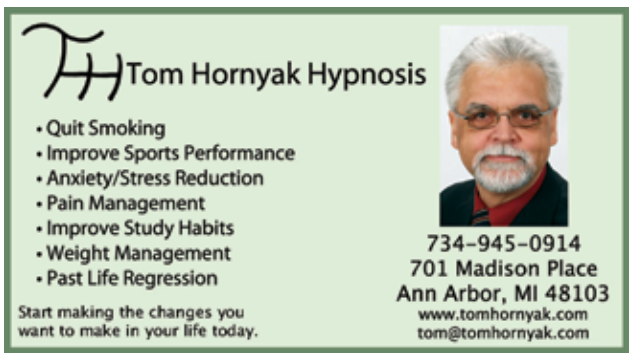
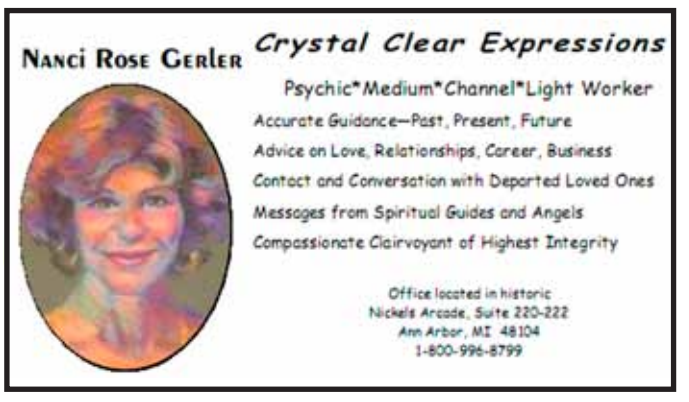


Hypnosis



Intuitive/Psychic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THE HUMAN ENRICHMENT PROJECT at Tsogyelgar

Changing the cultural landscape of Southeastern Michigan.

A deep and abiding commitment to positive transformation, of oneself, one's community and the world, is the heart of the Human Enrichment Project. Establishing Human Enrichment Zones where individuals can gather resources, talents and efforts to create models for sane and sustainable living is what we do.

Sidestepping the old clichés of "personal versus social" or "local versus global" we envision value webs of interconnected projects that arise from the passionate response of individuals to this culturally difficult time. Blessed unrest gives rise to sacred activism in compassion's holistic vision, forging links between urban farming, arts, spirituality, environment, education, and more.

The first Human Enrichment Zone at Tsogyelgar is a loose affiliation of more than 100 deeply committed individuals in this area and around the world. Doctors, lawyers, artisans, craftsmen, clergy, businessmen, retreat yogis, chefs, therapists and graphic designers—working together to incarnate the good, the true, and the beautiful. Discover a new vision of transformation.

Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed, it is the only thing that ever has.
—Margaret Mead

Copper Colored Mountain Arts:

Grand Opening Celebration, Friday July 23rd 6:00 PM, 7101 W. Liberty
Chinese Music, Tea Tent, Tai Chi Sword Dance, tours of the studios and gardens and murals. More info at **ccmarts.org**, or contact Christina at 734-904-6520.

Saturday July 24th 3:00 PM till 8:00 PM, 7101 W. Liberty
Tours of the studios and demonstrations: Pottery, Glass Beads, Mosaics, Painting. At 7PM there will be a Multi Media Performance Art piece based on the works of Hildegard of Bingen. Food and drinks, tours of the sculpture garden, flower gardens and murals will be offered.

Wishing Tree Gardens:

Next door to Tsogyelgar Saturdays, all summer, come help in our vegetable gardens, flower gardens, aquaponics, and vermiculture projects. Food from our gardens goes directly to Food Gatherers to help local families in need. If you would like to join us, please contact Adrienne at 734-604-5198 or email info@wishingtreegardens.org.

Tsogyelgar: 2010 Summer Series:
Great Women Mystics , @ Tsogyelgar

May: Women Mystics of Christianity
June: Buddhas and Dakinis, Female Mystics of Tibet
July: Women Mystics of India
August: The 'Mother' in World Religion

Vision Builders Race, May 8

at Hudson Mills Metropark in Dexter, 9:30 am.
Proceeds from this year's race focus on the Kutumb Project.
www.visionbuilders5k.org

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